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NFS Report  
No. 96-3

August 2000

# **Food and Nutrient Intakes by Individuals in the United States, 1994-96**

**Volume 1—Income, Food Stamp Program  
Participation, and Race**

**Nationwide Food Surveys Report No. 96-3,  
Volume 1**

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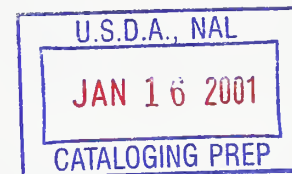
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Volume 1



## Abstract

U.S. Department of Agriculture, Agricultural Research Service. 2000. Food and Nutrient Intakes by Individuals in the United States, by Income, Food Stamp Program Participation, Race, Hispanic Origin and Race, and Region, 1994–96, Nationwide Food Surveys Report No. 96–3, Volume 1, 412 pp.

This publication contains estimates of food and nutrient intakes by individuals in the United States from the 1994–96 Continuing Survey of Food Intakes by Individuals (CSFII) conducted by the U.S. Department of Agriculture. Two nonconsecutive days of food intake data for individuals of all ages were collected 3 to 10 days apart between January 1994 and January 1997 using a 24-hour recall during an in-person interview. For each characteristic (income, Food Stamp Program participation, race, Hispanic origin and race, and region), food and nutrient intake estimates are tabulated by sex and age in 20 tables (100 tables in all). The tables include the following information: intakes of food energy and 45 nutrients and dietary components, including 19 individual fatty acids; nutrient intakes expressed as percentages of the 1989 Recommended Dietary Allowances (RDA); percentages of individuals with diets meeting selected levels of the RDA and other recommendations; macronutrient sources of food energy; food intakes in grams and percentages of individuals consuming items in 71 food groups and subgroups; numbers of servings eaten from 30 food groups defined according to USDA's Food Guide Pyramid; and percentages of overweight adults. Estimated standard errors are provided in separate tables.

**Keywords:** diet survey, fatty acids, food, Food Guide Pyramid, food intakes, overweight, minerals, nutrient intakes, nutrition survey, Pyramid servings, vitamins.

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## Contents (volume 1 of 2)

List of tables .....	iv
Acknowledgments .....	xii
Introduction .....	1
Tables (Survey tables and Standard Error tables) .....	4
Table notes (volume 2) .....	701
Appendix A. Counts of day-1 and 2-day respondents and population percentages, by characteristic, 1994–96 .....	712
Appendix B. Statistical notes .....	721
Appendix C. Descriptions of food groups used in food intake tables .....	724
Appendix D. Descriptions of food groups used in Pyramid servings tables .....	734
Appendix E. Chemical names, trivial names, and abbreviations of reported fatty acids .....	744
References .....	745

*Note: This report contains five complete sets of survey tables, one for each characteristic—income, Food Stamp Program participation, and race (volume 1); Hispanic origin and race, and region (volume 2). A set of standard error tables follows each set of survey tables. On standard error tables, the letters “se” are added to the end of the table number.*

*Income Table Set (tables 1–20)***Nutrient Intakes**

1	Mean amounts consumed per individual, by income, 1 day, 1994–96 .....	4
2	Mean intakes as percentages of the 1989 Recommended Dietary Allowances, by income, 1 day, 1994–96 .....	12
3A	Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances, by income, 2-day average, 1994–96 .....	16
3B	Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances, by income, 2-day average, 1994–96 .....	28
4	Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994–96, by income, 1 day, 1994–96 .....	40
5	Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by income, 2-day average, 1994–96 .....	42

**Foods**

Mean quantities (in grams) consumed per individual and percentages of individuals consuming  
foods from various food groups, by income, 1 day, 1994–96

6A and 6B	Grain products .....	44
7A and 7B	Vegetables .....	48
8A and 8B	Fruits .....	52
9A and 9B	Milk and milk products .....	56

## Tables

## Page

10A and 10B	Meat, poultry, and fish .....	60
11A and 11B	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets .....	64
12A and 12B	Beverages .....	68

### Pyramid Servings

Mean numbers of servings and percentages of individuals consuming specified numbers of servings per day, by income, 2-day average, 1994–96

13A and 13B	Grain group .....	72
14A and 14B	Vegetable group .....	76
15A and 15B	Fruit group .....	80
16A and 16B	Dairy group .....	84
17A and 17B	Meat group .....	88

Mean daily intakes of discretionary fat and added sugars per day

18	Pyramid tip .....	92
----	-------------------	----

### Fatty acids

Mean intakes per individual, by income, 1 day, 1994–96

19.1	Saturated fatty acids .....	94
------	-----------------------------	----

<b>Tables</b>	<b>Page</b>
19.2	Monounsaturated fatty acids..... 96
19.3	Polyunsaturated fatty acids ..... 98
<b>Weight Status</b>	
20	Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994–96 ..... 100
	<b>Standard Error Tables 1se–20se</b> ..... 102
<i>Food Stamp Program Participation Table Set (tables 21–40)</i>	
<b>Nutrient Intakes</b>	
21	Mean amounts consumed per individual, by Food Stamp Program participation, 1 day, 1994–96 ..... 200
22	Mean intakes as percentages of the 1989 Recommended Dietary Allowances by Food Stamp Program participation, 1 day, 1994–96 ..... 204
23A	Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances by Food Stamp Program participation, 2-day average, 1994–96 ..... 206
23B	Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances, by Food Stamp Program participation, 2-day average, 1994–96 ..... 212
24	Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Food Stamp Program participation, 1 day, 1994–96 ..... 218



25	Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol by Food Stamp Program participation, 2-day average, 1994–96 .....	219
----	---	-----

### **Foods**

#### Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups, by Food Stamp Program participation, 1 day, 1994–96

26A and 26B	Grain products .....	220
27A and 27B	Vegetables .....	222
28A and 28B	Fruits .....	224
29A and 29B	Milk and milk products .....	226
30A and 30B	Meat, poultry, and fish .....	228
31A and 31B	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets .....	230
32A and 32B	Beverages .....	232

### **Pyramid Servings**

#### Mean numbers of servings and percentages of individuals consuming specified numbers of servings per day, by Food Stamp Program participation, 2-day average, 1994–96

33A and 33B	Grain group .....	234
34A and 34B	Vegetable group .....	236
35A and 35B	Fruit group .....	238

<b>Tables</b>	<b>Page</b>
36A and 36B	Dairy group ..... 240
37A and 37B	Meat group ..... 242
	<u>Mean daily intakes of discretionary fat and added sugars per day</u>
38	Pyramid tip ..... 244
	<b>Fatty acids</b>
	<u>Mean intakes per individual, by Food Stamp Program participation, 1 day, 1994–96</u>
39.1	Saturated fatty acids ..... 245
39.2	Monounsaturated fatty acids ..... 246
39.3	Polyunsaturated fatty acids ..... 247
	<b>Weight Status</b>
40	Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by Food Stamp Program participation, 1994–96 ..... 248
	<b>Standard Error Tables 21se–40se</b> ..... 249
	 <i>Race Table Set (tables 41–60)</i>
	<b>Nutrient Intakes</b>
41	Mean amounts consumed per individual, by race, 1 day, 1994–96 ..... 300



<b>Tables</b>		<b>Page</b>
42	Mean intakes as percentages of the 1989 Recommended Dietary Allowances, by race, 1 day, 1994–96 .....	304
43A	Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances, by race, 2-day average, 1994–96 .....	306
43B	Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances, by race, 2-day average, 1994–96 .....	312
44	Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by race, 1 day, 1994–96 .....	318
45	Percentages of individuals with diets meeting recommendations for total fat, saturated fatty acids, and cholesterol, by race, 2-day average, 1994–96 .....	319
<b>Foods</b>		
<u>Mean quantities (in grams) consumed per individual and percentages of individuals consuming foods from various food groups, by race, 1 day, 1994–96</u>		
46A and 46B	Grain products .....	320
47A and 47B	Vegetables .....	322
48A and 48B	Fruits .....	324
49A and 49B	Milk and milk products .....	326
50A and 50B	Meat, poultry, and fish .....	328
51A and 51B	Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets .....	330

52A and 52B	Beverages.....	332
-------------	----------------	-----

### **Pyramid Servings**

#### Mean numbers of servings and percentages of individuals consuming specified numbers of servings per day, by race, 2-day average, 1994–96

53A and 53B	Grain group .....	334
54A and 54B	Vegetable group .....	336
55A and 55B	Fruit group .....	338
56A and 56B	Dairy group .....	340
57A and 57B	Meat group .....	342

#### Mean daily intakes of discretionary fat and added sugars per day

58	Pyramid tip .....	344
----	-------------------	-----

### **Fatty acids**

#### Mean intakes per individual, by race, 1 day, 1994–96

59.1	Saturated fatty acids.....	345
59.2	Monounsaturated fatty acids .....	346
59.3	Polyunsaturated fatty acids .....	347

## Tables

## Page

### Weight Status

60	Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by race, 1994–96 .....	348
	<b>Standard Error Tables 41se–60se .....</b>	<b>349</b>

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## Introduction

From 1994 through 1996, 16,103 people nationwide participated in the Continuing Survey of Food Intakes by Individuals (CSFII), popularly known as the “What We Eat in America” survey. Two nonconsecutive days of food intake data for individuals of all ages were collected 3 to 10 days apart during in-person interviews between January 1994 and January 1997, using the 24-hour recall method.

The tables in this report contain national probability estimates for food and nutrient intakes by the U.S. population in the 50 states and the District of Columbia. Estimates are based on combined data from all 3 years of USDA’s 10<sup>th</sup> nationwide food consumption survey. The results are weighted to adjust for differential rates of sample selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior (Chu et al. 1998). The design, methodology, and operation of the survey are detailed in a separate report (Tippett and Cypel 1998).

This report includes five table sets, in which individuals are classified by income, Food Stamp Program participation, race, Hispanic origin and race, and region.

**Income.** Individuals are classified into income categories based on information provided by the household respondent as discussed in the Table Notes beginning on page 701. Three categories of income are reported here: Under 131 percent of the Federal poverty thresholds, 131–350 percent of the poverty thresholds, and over 350 percent of the poverty thresholds. The poverty thresholds were provided by the Bureau of the Census (U.S. Department of Commerce, Bureau of the Census 1996). The income category “under 131 percent of poverty” was selected because households that have incomes at or below this

level meet one of the criteria for participating in the Food Stamp Program; the other two categories were selected to be approximately equal in size.

**Food Stamp Program participation.** The household respondent also provided information about participation of household members in the Food Stamp Program (FSP) (see table notes). The FSP tables are limited to individuals in low-income households, that is, households with incomes at or below 130 percent of the Federal poverty thresholds. Readers are cautioned that the CSFII 1994–96 was designed to measure dietary intakes of the general population, not the FSP population. The survey screened households for income level only, not for FSP eligibility.

**Race.** The respondent to the survey screener provided information about the race of each household member (see table notes). Race categories are limited to black and white because the sample included only small numbers of individuals of other races.

**Hispanic origin and race.** The respondent to the survey screener also provided information about the national origin of each household member (see table notes). The Hispanic origin categories used in the tables are Mexican American and “other Hispanic origin.” The “other Hispanic origin” category includes individuals of Puerto Rican, Cuban, and “other Spanish/Hispanic” origin. Of all individuals participating in the CSFII who were identified as being of Hispanic origin, about 49 percent were Mexican; 9 percent, Puerto Rican; 2 percent, Cuban; and 40 percent “other Spanish/Hispanic.” In the race tables, individuals of Hispanic origin are classified in the racial group reported by the screener respondent; Hispanic individuals may be of any race. In the Hispanic origin and race tables, white and



black individuals not of Hispanic origin are classified as non-Hispanic white or non-Hispanic black. Because of the classification differences, estimates for the white and black groups in the two table sets (race and Hispanic origin and race) may differ.

**Region.** Information about region was part of the identity of each household in the sample. The region categories were those defined by the U.S. Department of Commerce for the 1990 Census (see table notes).

Income, Food Stamp Program participation, race, Hispanic origin and race, and region are only a few of the many social and demographic factors that influence food intake behavior. Other factors are level of urbanization, education, and employment status. In-depth analyses of the data are needed to assess the effects of various characteristics on dietary intake more extensively than the summary statistics provided in this report.

Sample sizes on which estimates are based are provided in appendix A. In general, the sample size for each cell (for example, each income-sex-age group) provides a sufficient level of precision to ensure statistical reliability of the estimates—see appendix B for the criteria used in flagging estimates. Readers using data for young children should note that breast-fed children were excluded from estimates in the tables because their total daily intake could not be quantified. For 1994–96, the overall day-1 response rate was 80.0 percent and the 2-day response rate was 76.1 percent (Goldman and Nowverl 1998).

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (day 1) so that readers can compare this information with day-1 intakes from

previous surveys that included different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes. Nutrient intakes presented in the tables do not include nutrient intakes from vitamin and mineral supplements or plain drinking water. Notes for each table are in the Table Notes section that begins on page 701. Additional information to aid in interpretation of the tables is provided in appendixes C, D, and E.

**Main Tables**  
**for**  
**Income Table Set**  
**(tables 1–20)**

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Under 131% poverty:								
Males and females:								
1-2.....	1.0	1,346	52.9	51.8	21.1	18.9	7.9	221
3-5.....	1.5	1,601	59.7	60.6	23.0	23.0	10.0	219
5 and under ‡ .....	2.9	1,419	52.7	54.7	21.5	20.2	9.0	201
Males:								
6-11.....	1.1	2,044	71.9	78.1	28.6	30.6	13.2	248
12-19.....	1.5	2,757	98.3	108.3	37.6	42.8	20.0	376
20-39.....	2.4	3,070	115.3	117.2	40.9	45.1	22.1	434
40-59.....	1.0	2,326	91.0	89.5	30.0	35.0	17.4	367
60 and over.....	0.9	1,596	67.1	60.8	20.9	23.4	11.6	293
20 and over.....	4.3	2,595	99.8	99.2	34.3	38.3	18.8	390
Females:								
6-11.....	1.3	1,766	65.1	67.3	25.1	25.9	11.3	250
12-19.....	1.4	1,943	67.2	73.7	26.5	28.4	13.2	246
20-39.....	3.4	1,788	67.5	66.5	22.6	25.6	13.2	250
40-59.....	1.3	1,637	64.5	63.2	21.3	24.2	12.7	259
60 and over.....	2.2	1,257	51.5	45.1	14.9	17.1	9.4	190
20 and over.....	6.9	1,593	61.9	59.2	19.9	22.7	11.9	233
All individuals.....	19.2	1,942	73.0	73.9	26.0	28.4	13.8	277
131-350% poverty:								
Males and females:								
1-2.....	1.3	1,347	49.6	49.1	19.8	18.1	7.6	187
3-5.....	2.0	1,609	55.1	58.3	21.9	22.4	9.8	174
5 and under ‡ .....	3.8	1,420	48.8	52.3	20.3	19.5	8.8	160
Males:								
6-11.....	2.3	1,984	69.8	72.7	26.7	28.1	12.5	227
12-19.....	2.4	2,666	96.0	99.6	35.6	38.8	17.6	302
20-39.....	6.9	2,690	102.3	101.7	34.6	39.6	19.5	350
40-59.....	3.9	2,334	89.9	89.3	29.9	34.8	17.6	328
60 and over.....	3.2	1,947	76.8	73.3	24.4	28.3	14.7	292
20 and over.....	14.0	2,421	93.0	91.7	30.9	35.7	17.9	330
Females:								
6-11.....	1.8	1,817	62.5	67.7	24.8	26.3	11.7	194
12-19.....	2.4	1,889	64.6	68.8	24.2	26.1	13.3	219
20-39.....	6.9	1,758	64.4	64.2	21.7	24.7	12.8	220
40-59.....	3.9	1,614	61.9	62.2	21.1	23.2	13.1	225
60 and over.....	4.3	1,445	58.7	53.5	17.4	20.5	11.2	203
20 and over.....	15.1	1,631	62.1	60.6	20.3	23.1	12.5	216
All individuals.....	41.8	1,978	73.8	74.0	25.5	28.5	14.3	254

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Over 350% poverty:								
Males and females:								
1-2.....	0.8	1,218	44.0	41.1	17.3	14.8	6.0	151
3-5.....	1.2	1,493	50.9	52.0	19.5	20.0	8.7	155
5 and under ‡ .....	2.3	1,318	45.0	46.2	18.2	17.0	7.6	140
Males:								
6-11.....	1.3	2,086	69.9	73.9	27.3	28.4	12.6	213
12-19.....	2.0	2,894	98.6	102.7	36.7	40.1	18.2	308
20-39.....	6.2	2,662	99.7	98.9	34.1	37.8	19.4	317
40-59.....	6.7	2,396	95.6	90.6	29.7	35.0	18.7	329
60 and over.....	2.7	2,078	83.6	78.4	25.3	29.8	17.0	282
20 and over.....	15.6	2,448	95.2	91.8	30.7	35.2	18.7	316
Females:								
6-11.....	1.3	1,832	59.6	62.6	22.5	24.0	11.5	159
12-19.....	1.8	1,914	64.8	66.7	23.4	26.0	12.2	188
20-39.....	5.5	1,769	65.9	63.3	21.4	23.8	13.5	195
40-59.....	6.8	1,668	64.7	61.2	19.5	23.3	13.7	203
60 and over.....	2.5	1,559	63.7	55.2	17.4	20.5	12.9	211
20 and over.....	14.8	1,686	65.0	61.0	19.8	23.0	13.4	202
All individuals.....	39.0	2,057	77.5	75.2	25.4	28.7	15.3	247
All incomes.....	100.0	2,002	75.1	74.4	25.6	28.6	14.6	256

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol -----equivalents-----		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	171.1	8.8	681	242	4.8	103	1.15
3-5.....	209.4	11.0	797	257	5.3	98	1.40
5 and under ‡ .....	183.0	9.2	772	248	5.9	102	1.24
Males:							
6-11.....	269.4	13.7	808	234	6.8	100	1.72
12-19.....	346.7	16.0	1,056	446	9.3	117	2.04
20-39.....	367.0	20.2	948	419	10.9	121	2.16
40-59.....	278.2	16.9	1,019	403	8.2	112	1.81
60 and over.....	195.9	15.1	1,286	572	6.3	80	1.44
20 and over.....	311.3	18.4	1,034	447	9.3	111	1.93
Females:							
6-11.....	230.0	11.4	781	237	5.9	94	1.42
12-19.....	257.3	12.8	694	267	6.8	90	1.49
20-39.....	229.2	12.2	765	412	6.9	90	1.37
40-59.....	203.9	12.6	749	440	6.2	84	1.26
60 and over.....	166.2	12.4	964	491	5.2	87	1.13
20 and over.....	204.7	12.3	824	442	6.2	88	1.28
All individuals.....	245.2	13.6	868	377	7.2	99	1.53
131-350% poverty:							
Males and females:							
1-2.....	181.5	8.9	755	277	4.8	95	1.12
3-5.....	222.5	10.7	776	254	5.6	98	1.35
5 and under ‡ .....	193.9	9.1	781	259	6.1	98	1.21
Males:							
6-11.....	270.2	13.3	965	291	7.0	96	1.74
12-19.....	350.5	18.0	1,131	464	9.2	115	2.08
20-39.....	327.7	18.5	1,026	469	10.2	109	1.98
40-59.....	282.0	17.4	1,127	519	9.4	95	1.83
60 and over.....	243.1	17.5	1,334	624	8.6	98	1.69
20 and over.....	295.6	18.0	1,125	518	9.6	103	1.87
Females:							
6-11.....	246.1	12.3	777	266	6.4	89	1.47
12-19.....	258.5	12.1	783	303	7.1	96	1.41
20-39.....	228.6	13.0	811	407	6.9	82	1.33
40-59.....	203.9	13.4	911	482	6.9	86	1.24
60 and over.....	186.6	14.3	1,071	520	6.8	91	1.28
20 and over.....	210.2	13.5	911	459	6.9	86	1.29
All individuals.....	253.0	14.7	973	434	7.8	96	1.56

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
			<i>Micrograms retinol equivalents</i>		<i>Milligrams alpha-tocopherol equivalents</i>		
	<i>----- Grams -----</i>		<i>----- equivalents -----</i>		<i>----- Milligrams -----</i>		
Over 350% poverty:							
Males and females:							
1-2.....	173.3	8.8	701	269	4.2	101	1.05
3-5.....	211.8	10.3	799	329	5.1	89	1.25
5 and under ‡ .....	185.9	9.0	759	290	5.6	94	1.15
Males:							
6-11.....	293.4	14.2	1,041	339	6.8	112	1.83
12-19.....	399.5	17.7	1,054	319	9.5	125	2.24
20-39.....	325.3	18.9	1,076	525	10.6	114	2.01
40-59.....	289.8	19.2	1,196	613	9.9	113	1.88
60 and over.....	255.7	19.8	1,311	705	10.4	117	1.79
20 and over.....	298.1	19.1	1,168	594	10.3	114	1.92
Females:							
6-11.....	266.0	13.0	905	357	7.0	100	1.53
12-19.....	269.9	14.4	897	425	7.2	98	1.46
20-39.....	229.2	14.7	1,029	605	7.5	92	1.39
40-59.....	212.0	15.0	950	551	8.0	97	1.40
60 and over.....	201.5	15.7	1,064	655	7.5	107	1.33
20 and over.....	216.6	15.0	999	588	7.7	97	1.38
All individuals.....	263.1	16.3	1,049	536	8.6	106	1.65
All Incomes.....	255.4	15.1	982	463	8.0	100	1.59

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	1.72	13.1	1.32	184	3.43	834	979
3-5.....	1.86	16.6	1.49	226	3.97	824	1,053
5 and under ‡ .....	1.74	14.6	1.32	198	3.73	804	961
Males:							
6-11.....	2.15	20.7	1.72	267	4.04	945	1,256
12-19.....	2.44	25.9	2.08	294	5.75	1,079	1,580
20-39.....	2.60	32.1	2.42	331	† 9.70	1,083	1,779
40-59.....	2.00	25.0	1.87	258	6.75	760	1,344
60 and over.....	1.78	19.0	1.61	240	6.44	638	1,062
20 and over.....	2.30	27.8	2.13	296	8.35	917	1,531
Females:							
6-11.....	1.87	17.0	1.45	223	4.55	827	1,110
12-19.....	1.76	18.8	1.53	217	4.18	732	1,091
20-39.....	1.53	18.8	1.48	217	3.78	622	1,044
40-59.....	1.47	17.4	1.35	196	3.38	607	997
60 and over.....	1.40	15.6	1.33	202	4.25	538	826
20 and over.....	1.48	17.5	1.41	208	3.85	593	967
All individuals.....	1.86	20.3	1.64	238	5.07	779	1,174
131-350% poverty:							
Males and females:							
1-2.....	1.71	12.9	1.30	180	3.26	860	972
3-5.....	1.81	16.5	1.47	221	3.32	821	1,032
5 and under ‡ .....	1.71	14.5	1.31	194	3.14	816	946
Males:							
6-11.....	2.28	21.4	1.86	279	4.48	954	1,261
12-19.....	2.57	28.1	2.25	329	5.93	1,136	1,617
20-39.....	2.30	29.6	2.24	306	6.09	931	1,564
40-59.....	2.13	25.9	1.99	281	6.40	847	1,411
60 and over.....	2.04	23.0	1.97	282	6.16	761	1,232
20 and over.....	2.19	27.1	2.11	293	6.19	869	1,446
Females:							
6-11.....	1.90	18.0	1.48	231	3.70	867	1,133
12-19.....	1.74	18.9	1.53	226	3.82	774	1,109
20-39.....	1.58	18.7	1.48	215	4.04	676	1,051
40-59.....	1.51	18.1	1.44	207	4.17	623	991
60 and over.....	1.56	17.7	1.52	230	4.83	595	944
20 and over.....	1.56	18.2	1.48	217	4.30	639	1,005
All individuals.....	1.91	21.6	1.74	252	4.88	795	1,208

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Over 350% poverty:							
Males and females:							
1-2.....	1.61	11.2	1.19	162	2.91	846	923
3-5.....	1.68	14.6	1.34	194	3.02	808	988
5 and under ‡ .....	1.64	12.9	1.21	174	2.85	805	912
Males:							
6-11.....	2.34	22.2	1.92	303	4.90	1,019	1,317
12-19.....	2.69	28.7	2.27	326	5.84	1,206	1,691
20-39.....	2.33	30.0	2.30	316	6.78	967	1,566
40-59.....	2.18	28.3	2.18	303	6.85	852	1,462
60 and over.....	2.12	25.4	2.17	310	6.02	826	1,350
20 and over.....	2.23	28.5	2.23	310	6.68	893	1,485
Females:							
6-11.....	1.94	18.9	1.59	241	3.56	870	1,149
12-19.....	1.76	19.3	1.54	250	3.49	799	1,120
20-39.....	1.70	19.9	1.57	246	3.89	719	1,101
40-59.....	1.61	19.7	1.59	241	4.50	643	1,038
60 and over.....	1.58	19.4	1.62	240	4.07	638	1,017
20 and over.....	1.64	19.7	1.59	243	4.20	670	1,058
All individuals.....	1.96	23.3	1.86	272	5.16	818	1,265
All incomes.....	1.92	22.0	1.77	257	5.02	801	1,224

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 131% poverty:						
Males and females:						
1-2.....	186	10.7	8.0	0.7	2,107	2,019
3-5.....	203	12.9	9.2	.8	2,632	2,089
5 and under ‡ .....	184	12.5	8.5	.8	2,186	1,936
Males:						
6-11.....	239	15.4	10.5	1.0	3,231	2,358
12-19.....	293	18.2	14.3	1.3	4,452	3,024
20-39.....	358	21.1	16.7	1.7	4,831	3,543
40-59.....	300	16.3	12.7	1.4	4,123	2,943
60 and over.....	249	14.3	9.5	1.1	2,860	2,480
20 and over.....	322	18.6	14.3	1.5	4,261	3,186
Females:						
6-11.....	206	12.9	9.7	.9	2,775	2,164
12-19.....	217	13.6	10.1	1.0	3,176	2,237
20-39.....	221	12.9	9.8	1.0	3,005	2,231
40-59.....	224	11.8	8.9	1.0	2,720	2,270
60 and over.....	198	11.3	7.3	.9	2,182	1,986
20 and over.....	214	12.2	8.9	1.0	2,693	2,162
All individuals.....	241	14.5	10.7	1.1	3,174	2,440
131-350% poverty:						
Males and females:						
1-2.....	189	10.8	7.4	.7	1,999	2,004
3-5.....	202	12.7	8.7	.8	2,467	2,021
5 and under ‡ .....	184	12.5	8.0	.8	2,043	1,891
Males:						
6-11.....	241	16.5	11.3	1.0	3,181	2,378
12-19.....	318	20.1	14.6	1.4	4,364	3,160
20-39.....	332	19.3	15.0	1.5	4,500	3,232
40-59.....	311	17.2	13.3	1.4	3,903	3,069
60 and over.....	289	16.8	11.8	1.3	3,334	2,896
20 and over.....	316	18.1	13.8	1.4	4,067	3,110
Females:						
6-11.....	220	14.0	9.6	.9	2,862	2,112
12-19.....	217	13.4	9.8	1.0	3,068	2,189
20-39.....	223	12.7	9.4	1.0	2,874	2,244
40-59.....	229	11.9	8.6	1.0	2,644	2,324
60 and over.....	231	12.6	8.6	1.0	2,522	2,344
20 and over.....	227	12.5	9.0	1.0	2,714	2,293
All individuals.....	258	15.2	11.0	1.2	3,253	2,571

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 1.--Nutrient intakes: Mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
<i>----- Milligrams -----</i>						
Over 350% poverty:						
Males and females:						
1-2.....	180	9.9	6.5	0.7	1,665	1,898
3-5.....	193	11.5	7.7	.8	2,269	1,958
5 and under ‡ .....	178	11.4	7.1	.7	1,841	1,833
Males:						
6-11.....	259	17.6	11.5	1.1	3,157	2,469
12-19.....	317	20.7	14.5	1.5	4,426	3,128
20-39.....	342	19.4	14.6	1.5	4,279	3,288
40-59.....	336	18.3	13.3	1.5	4,002	3,316
60 and over.....	323	17.8	12.6	1.4	3,510	3,170
20 and over.....	336	18.6	13.7	1.5	4,028	3,280
Females:						
6-11.....	227	14.0	9.1	1.0	2,754	2,174
12-19.....	236	14.3	9.9	1.1	2,937	2,242
20-39.....	250	13.9	9.6	1.1	2,950	2,372
40-59.....	250	13.6	9.4	1.1	2,791	2,479
60 and over.....	248	13.1	9.0	1.1	2,609	2,543
20 and over.....	249	13.6	9.4	1.1	2,819	2,451
All individuals.....	282	16.0	11.3	1.3	3,339	2,761
All incomes.....	264	15.4	11.1	1.2	3,271	2,620

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent of RDA							
Under 131% poverty:									
Males and females:									
1-2.....	1.0	103	330	170	79	258	164	215	146
3-5.....	1.5	99	284	171	79	227	168	187	152
5 and under ‡ .....	2.9	102	286	180	113	253	176	209	153
Males:									
6-11.....	1.1	101	250	119	93	218	169	177	156
12-19.....	1.5	98	184	106	93	209	144	146	138
20-39.....	2.4	106	189	95	109	202	144	153	169
40-59.....	1.0	87	144	102	82	187	129	125	143
60 and over.....	0.9	69	107	129	63	134	120	127	126
20 and over.....	4.3	94	162	103	93	185	136	141	154
Females:									
6-11.....	1.3	89	225	124	82	205	143	157	130
12-19.....	1.4	88	148	87	85	162	134	135	125
20-39.....	3.4	80	136	95	83	147	121	115	123
40-59.....	1.3	78	129	94	78	140	119	116	122
60 and over.....	2.2	66	103	121	66	145	113	117	120
20 and over.....	6.9	75	124	103	77	145	118	116	122
All individuals.....	19.2	88	176	116	89	184	138	145	138
131-350% poverty:									
Males and females:									
1-2.....	1.3	104	310	189	79	239	160	214	143
3-5.....	2.0	99	261	166	83	225	163	182	150
5 and under ‡ .....	3.8	102	263	182	116	243	173	205	153
Males:									
6-11.....	2.3	97	238	137	94	210	170	186	160
12-19.....	2.4	95	180	113	92	206	146	154	150
20-39.....	6.9	93	166	103	102	182	132	136	156
40-59.....	3.9	86	143	113	94	159	131	133	146
60 and over.....	3.2	85	122	133	86	163	141	145	153
20 and over.....	14.0	89	149	112	96	171	134	137	153
Females:									
6-11.....	1.8	91	211	114	89	195	147	158	136
12-19.....	2.4	86	143	98	88	171	128	134	126
20-39.....	6.9	79	129	99	85	134	118	119	123
40-59.....	3.9	77	124	114	86	143	116	120	127
60 and over.....	4.3	76	117	134	85	151	128	130	136
20 and over.....	15.1	78	124	113	85	141	121	122	128
All individuals.....	41.8	87	159	119	93	172	135	142	142

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	----- Percent of RDA -----							
Over 350% poverty:									
Males and females:									
1-2.....	0.8	94	275	175	70	251	149	201	125
3-5.....	1.2	95	252	175	78	208	154	175	136
5 and under ‡ .....	2.3	96	249	178	105	234	166	203	138
Males:									
6-11.....	1.3	102	238	153	92	244	177	190	164
12-19.....	2.0	104	188	105	95	224	158	162	154
20-39.....	6.2	92	160	108	106	190	134	137	158
40-59.....	6.7	90	152	120	99	188	136	138	163
60 and over.....	2.7	90	133	131	104	194	149	152	169
20 and over.....	15.6	91	152	117	103	190	138	140	162
Females:									
6-11.....	1.3	92	205	137	98	218	154	162	144
12-19.....	1.8	87	144	112	90	179	132	136	128
20-39.....	5.5	80	132	127	92	149	124	128	131
40-59.....	6.8	80	129	118	100	162	131	128	139
60 and over.....	2.5	82	127	133	94	179	133	131	149
20 and over.....	14.8	80	130	124	96	160	129	128	138
All individuals.....	39.0	88	155	124	99	185	139	143	149
All Incomes.....	100.0	88	161	121	94	179	137	143	144

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
Under 131% poverty:								
Males and females:								
1-2.....	132	369	490	104	122	232	107	80
3-5.....	140	346	445	103	132	194	129	92
5 and under ‡ .....	137	359	508	107	128	206	131	93
Males:								
6-11.....	125	267	297	113	150	142	150	100
12-19.....	110	165	288	90	132	87	156	95
20-39.....	121	166	† 485	117	194	102	211	111
40-59.....	93	129	338	95	168	86	163	85
60 and over.....	80	120	322	80	133	71	143	64
20 and over.....	106	148	418	104	175	92	186	95
Females:								
6-11.....	110	230	353	97	130	125	121	94
12-19.....	103	128	208	61	91	75	89	83
20-39.....	90	114	186	68	115	78	83	80
40-59.....	84	109	169	76	124	80	93	74
60 and over.....	83	112	212	67	103	71	113	61
20 and over.....	87	113	191	69	113	76	94	73
All individuals.....	105	178	314	88	132	107	130	86
131-350% poverty:								
Males and females:								
1-2.....	130	361	466	107	121	236	108	74
3-5.....	137	338	372	103	129	192	127	87
5 and under ‡ .....	136	352	423	108	126	206	130	88
Males:								
6-11.....	134	276	322	112	148	141	160	106
12-19.....	119	184	297	95	135	93	171	98
20-39.....	112	153	304	107	180	95	193	100
40-59.....	99	140	320	106	176	89	172	89
60 and over.....	99	141	308	95	154	83	168	79
20 and over.....	106	147	309	104	173	90	181	92
Females:								
6-11.....	109	225	261	102	133	126	131	93
12-19.....	104	135	191	64	92	75	89	82
20-39.....	91	116	200	75	118	79	83	77
40-59.....	89	115	208	78	124	82	94	72
60 and over.....	95	128	241	74	118	82	126	72
20 and over.....	92	119	214	76	119	80	98	74
All individuals.....	106	167	276	92	140	101	137	86

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 2.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>----- Percent of RDA -----</i>								
Over 350% poverty:								
Males and females:								
1-2.....	119	324	415	106	115	225	99	65
3-5.....	126	305	352	101	123	192	115	77
5 and under ‡ .....	126	321	392	106	122	204	119	78
Males:								
6-11.....	138	299	352	120	154	151	170	107
12-19.....	121	185	292	101	141	96	175	97
20-39.....	115	158	339	114	185	98	194	98
40-59.....	109	152	342	106	183	96	183	88
60 and over.....	108	155	301	103	169	92	178	84
20 and over.....	111	155	334	109	181	96	186	91
Females:								
6-11.....	118	240	257	103	136	134	133	88
12-19.....	105	151	175	67	93	81	96	83
20-39.....	96	131	192	82	126	88	90	79
40-59.....	99	133	225	80	129	89	108	78
60 and over.....	101	133	204	80	127	88	131	75
20 and over.....	98	133	209	81	128	89	105	78
All individuals.....	109	165	278	96	149	102	144	86
All incomes.....	107	168	284	93	142	102	139	86

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
<b>Under 131% poverty:</b>										
Males and females:										
1-2.....	1.0	† 2.2	23.5	53.0	† 0.0	† 0.0	† 1.1	5.2	13.5	27.0
3-5.....	1.5	† 2.4	25.8	60.1	† 0.0	† 0.0	† .7	5.5	17.8	32.3
5 and under ‡ .....	2.9	2.2	22.9	54.3	† 0.0	† .7	2.5	4.7	14.4	27.5
Males:										
6-11.....	1.0	† 4.3	25.6	61.6	† 0.0	† 0.0	† 4.4	11.7	36.5	56.5
12-19.....	1.5	† 5.1	32.4	59.8	† .6	† 3.1	7.5	29.8	52.3	68.6
20-39.....	2.4	11.0	30.9	60.3	† 1.1	6.0	15.1	31.2	50.8	62.5
40-59.....	1.0	11.9	48.0	72.3	† 3.9	6.5	22.7	43.4	60.1	71.7
60 and over.....	0.9	25.2	66.0	86.7	7.1	24.0	47.4	34.5	52.2	65.9
20 and over.....	4.3	14.0	41.9	68.3	3.0	9.7	23.3	34.7	53.3	65.3
Females:										
6-11.....	1.2	7.7	35.1	72.1	† 0.0	† 1.1	† 4.7	14.1	33.0	61.1
12-19.....	1.4	11.7	42.4	73.3	† .3	11.9	23.3	36.8	57.0	74.7
20-39.....	3.4	17.7	53.5	81.3	† 3.1	15.8	30.8	38.9	58.3	72.1
40-59.....	1.4	18.2	57.1	85.6	5.3	17.3	35.7	36.7	55.8	68.0
60 and over.....	2.1	23.5	66.4	93.3	7.6	23.7	45.0	28.8	50.5	64.4
20 and over.....	6.9	19.6	58.2	85.8	4.9	18.5	36.1	35.4	55.4	69.0
All individuals.....	19.2	12.5	42.9	72.1	2.5	10.1	21.4	27.8	46.3	61.2
<b>131-350% poverty:</b>										
Males and females:										
1-2.....	1.2	† 2.1	19.1	55.2	† 0.0	† .1	† .9	2.4	8.6	20.0
3-5.....	2.0	3.8	21.2	59.2	† 0.0	† .4	† 1.0	4.7	12.3	26.9
5 and under ‡ .....	3.8	3.3	18.7	56.6	† .5	1.0	4.5	3.3	9.7	21.7
Males:										
6-11.....	2.3	† 3.3	22.4	59.3	† 0.0	† .4	† 3.1	9.1	21.4	35.8
12-19.....	2.3	6.4	31.2	66.5	† .7	† 3.9	10.7	25.9	47.8	60.9
20-39.....	6.9	8.5	35.4	65.2	† .9	7.4	18.3	35.4	52.7	68.6
40-59.....	3.8	10.8	39.4	71.7	† 1.6	9.3	21.0	29.1	51.0	63.0
60 and over.....	3.3	9.9	39.7	74.3	2.5	12.4	32.4	21.8	37.0	52.9
20 and over.....	14.0	9.4	37.5	69.1	1.5	9.1	22.4	30.5	48.5	63.4
Females:										
6-11.....	1.9	† 2.6	30.3	73.2	† .6	† .7	† 2.5	11.5	29.7	49.7
12-19.....	2.4	10.4	42.9	72.0	† 1.4	8.9	25.0	29.7	53.6	69.0
20-39.....	6.7	15.4	50.3	81.1	2.3	13.4	30.8	33.9	53.0	67.9
40-59.....	4.0	12.3	53.9	84.4	2.4	11.6	30.6	32.2	45.5	59.6
60 and over.....	4.4	13.4	49.6	86.3	2.2	14.9	37.1	17.1	37.3	49.1
20 and over.....	15.1	14.0	51.0	83.5	2.3	13.4	32.6	28.6	46.5	60.2
All individuals.....	41.7	9.8	39.5	72.9	1.5	8.8	22.0	25.0	42.2	56.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 3.5	20.4	62.1	† 0.6	† 0.6	† 1.9	† 1.4	7.5	20.5
3-5.....	1.2	† 2.7	24.7	63.2	† 0.0	† .9	† 1.8	6.1	13.6	23.9
5 and under ‡ .....	2.3	2.7	21.4	60.3	† .2	† .8	3.1	3.7	10.1	20.3
Males:										
6-11.....	1.3	† 0.0	15.1	53.7	† 0.0	† 0.0	† 0.0	† 5.7	17.2	30.3
12-19.....	2.0	† 4.1	22.5	54.4	† 0.0	† 1.9	9.9	18.9	43.2	64.3
20-39.....	6.3	9.1	38.5	69.5	† .3	3.6	12.7	27.0	47.9	64.9
40-59.....	6.7	9.0	37.0	66.2	† .4	6.0	17.4	19.6	38.8	55.2
60 and over.....	2.6	4.8	32.7	69.1	† 1.2	5.7	23.5	15.2	31.7	46.2
20 and over.....	15.6	8.3	36.8	68.0	† .5	5.0	16.5	21.8	41.2	57.5
Females:										
6-11.....	1.3	† 4.3	30.1	71.8	† .9	† 3.9	8.4	13.0	27.0	40.6
12-19.....	1.8	13.1	43.7	79.9	† 3.0	10.1	22.5	29.8	52.9	65.7
20-39.....	5.6	11.4	51.0	81.2	† 2.2	8.5	24.1	22.8	42.3	55.4
40-59.....	6.7	11.1	48.0	81.3	2.6	11.2	27.3	19.0	40.9	55.9
60 and over.....	2.5	12.9	43.1	80.4	† 2.9	12.8	29.5	14.9	34.8	49.7
20 and over.....	14.9	11.5	48.3	81.1	2.5	10.4	26.5	19.8	40.4	54.7
All individuals.....	39.1	8.8	38.9	72.0	1.3	6.7	18.6	19.4	38.5	53.5
All incomes.....	100.0	9.9	39.9	72.4	1.6	8.2	20.5	23.3	41.5	56.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	27.9	57.3	79.0	4.2	12.6	19.2	† 1.1	6.3	15.3
3-5.....	1.5	19.1	54.1	74.6	6.4	12.6	20.1	† 4	4.3	14.2
5 and under ‡ .....	2.9	20.1	49.4	68.2	4.9	11.1	17.4	† 6	4.6	13.5
Males:										
6-11.....	1.0	17.0	37.1	69.9	† 5.8	18.4	23.5	† 0.0	† 1.5	11.7
12-19.....	1.5	15.9	46.0	65.7	15.7	21.9	30.3	† 1.4	11.3	29.8
20-39.....	2.4	18.6	39.7	59.5	14.3	25.1	36.4	6.3	16.3	32.8
40-59.....	1.0	34.5	59.0	73.1	23.5	37.5	45.8	6.7	18.8	37.9
60 and over.....	0.9	43.0	73.3	85.8	22.4	41.4	53.5	7.5	24.8	42.0
20 and over.....	4.3	27.2	50.9	67.9	18.1	31.3	42.0	6.6	18.6	35.8
Females:										
6-11.....	1.2	16.8	55.7	82.0	8.7	16.8	27.5	† 0.0	† 5.6	22.2
12-19.....	1.4	24.5	55.8	73.3	17.4	29.1	38.2	† 5.0	14.1	29.7
20-39.....	3.4	27.3	56.1	74.3	22.4	38.9	50.0	8.5	23.2	45.9
40-59.....	1.4	26.5	53.8	78.7	26.9	40.8	49.7	7.0	19.1	42.7
60 and over.....	2.1	36.4	70.2	87.4	21.2	33.4	46.2	6.2	19.7	48.2
20 and over.....	6.9	29.9	59.9	79.2	22.9	37.6	48.8	7.5	21.3	46.0
All individuals.....	19.2	24.8	53.5	73.2	16.4	28.1	37.7	4.7	14.8	33.1
131-350% poverty:										
Males and females:										
1-2.....	1.2	26.0	59.9	79.8	6.7	14.8	20.4	† 0.0	3.5	14.5
3-5.....	2.0	18.7	54.5	77.3	6.7	13.4	21.2	† 6	3.8	14.7
5 and under ‡ .....	3.8	18.8	49.0	68.1	5.8	12.2	18.1	† 3	3.2	13.3
Males:										
6-11.....	2.3	16.0	42.7	70.9	6.3	15.6	24.6	† 1.1	4.0	12.1
12-19.....	2.3	20.4	46.5	67.8	12.2	25.1	36.2	† 2.3	8.4	23.2
20-39.....	6.9	15.9	40.2	63.3	17.4	30.9	41.3	4.8	16.9	36.5
40-59.....	3.8	19.8	44.9	66.2	21.9	38.0	49.4	5.7	17.2	32.7
60 and over.....	3.3	23.3	54.1	75.2	15.8	25.8	35.9	† 1.5	9.4	24.5
20 and over.....	14.0	18.7	44.8	66.9	18.2	31.6	42.3	4.3	15.2	32.6
Females:										
6-11.....	1.9	11.1	41.0	69.4	8.1	18.0	28.8	† 9	4.9	21.4
12-19.....	2.4	19.7	44.2	74.7	16.9	29.2	40.9	† 3.7	14.3	32.2
20-39.....	6.7	23.7	54.4	75.4	22.9	34.9	49.2	6.9	22.4	42.3
40-59.....	4.0	22.1	51.8	75.1	21.0	35.1	45.5	2.8	21.2	43.9
60 and over.....	4.4	24.3	50.5	76.2	16.1	27.6	38.7	3.0	12.6	31.5
20 and over.....	15.1	23.4	52.6	75.6	20.4	32.8	45.2	4.7	19.2	39.6
All individuals.....	41.7	20.1	47.8	71.0	16.4	28.3	39.1	3.6	14.1	31.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	25.2	67.9	85.4	† 4.1	9.8	14.9	† 1.6	† 3.3	14.0
3-5.....	1.2	21.8	56.2	81.9	7.4	13.6	21.8	† .4	† 2.9	11.1
5 and under ‡ .....	2.3	20.9	54.8	75.0	5.5	10.9	17.1	† .8	2.7	11.2
Males:										
6-11.....	1.3	10.3	38.0	65.5	7.2	14.3	19.7	† 0.0	† 1.3	† 5.8
12-19.....	2.0	15.2	41.4	60.3	12.2	20.8	29.7	† 1.5	7.4	20.6
20-39.....	6.3	14.8	37.7	62.9	17.3	29.2	41.2	2.9	12.5	34.3
40-59.....	6.7	14.6	38.4	57.5	12.2	23.6	35.0	3.1	12.1	27.6
60 and over.....	2.6	16.9	42.5	66.7	9.5	18.1	26.4	† 1.2	5.5	19.4
20 and over.....	15.6	15.1	38.8	61.2	13.8	24.9	36.0	2.7	11.1	28.9
Females:										
6-11.....	1.3	8.8	50.3	73.5	† 5.4	10.8	18.7	† .2	† 3.5	17.8
12-19.....	1.8	22.6	53.3	79.8	19.1	33.4	47.5	† 4.9	16.0	33.8
20-39.....	5.6	18.8	45.4	68.2	20.4	33.4	43.6	4.6	12.9	31.1
40-59.....	6.7	18.7	43.4	65.8	17.3	30.8	41.1	3.0	13.2	33.7
60 and over.....	2.5	19.1	42.8	70.1	11.6	20.5	31.3	† 3.4	13.1	29.8
20 and over.....	14.9	18.8	44.1	67.4	17.5	30.1	40.4	3.7	13.1	32.1
All individuals.....	39.1	16.8	42.9	65.7	14.4	25.4	35.7	2.8	10.8	27.8
All Incomes.....	100.0	19.7	46.9	69.3	15.6	27.1	37.5	3.5	12.9	30.2

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 0.4	† 2.0	6.9	3.9	16.1	27.7	4.8	18.4	36.2
3-5.....	1.5	† .7	3.3	9.9	† 1.6	8.6	19.4	3.5	11.8	27.6
5 and under ‡ .....	2.9	† .5	2.5	7.6	2.4	10.6	21.5	3.5	13.6	29.4
Males:										
6-11.....	1.0	† .9	† 2.2	10.5	† .3	† 6.4	18.9	† 5.2	18.9	43.0
12-19.....	1.5	† 3.2	12.5	27.6	† 2.0	8.4	27.0	8.9	24.8	48.3
20-39.....	2.4	4.9	16.6	31.6	4.5	11.2	20.7	12.5	27.0	44.9
40-59.....	1.0	6.2	18.4	38.6	† 3.8	10.5	25.1	14.0	39.2	69.3
60 and over.....	0.9	7.3	19.9	41.4	6.1	18.8	35.9	24.0	55.2	75.0
20 and over.....	4.3	5.6	17.6	35.2	4.6	12.5	24.8	15.1	35.5	56.6
Females:										
6-11.....	1.2	† .3	† 6.0	17.9	† .7	10.6	30.2	† 4.6	22.3	49.1
12-19.....	1.4	8.5	18.7	35.7	† 2.7	17.5	37.1	9.4	35.2	56.2
20-39.....	3.4	10.3	25.0	49.2	7.0	19.9	40.7	18.2	42.5	66.5
40-59.....	1.4	5.0	26.3	51.9	4.7	18.7	41.9	23.6	48.0	70.0
60 and over.....	2.1	6.2	22.0	42.9	7.4	19.8	39.3	21.9	51.3	72.9
20 and over.....	6.9	8.0	24.3	47.8	6.7	19.6	40.5	20.4	46.2	69.1
All individuals.....	19.2	5.2	15.9	32.6	4.2	14.4	31.0	13.2	33.5	55.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	† .1	† 1.3	3.6	2.7	12.0	27.2	2.3	14.1	32.0
3-5.....	2.0	† .3	2.8	10.1	† 1.5	6.7	19.9	† 1.5	11.0	29.2
5 and under ‡ .....	3.8	† .2	2.3	7.0	1.7	8.2	20.6	1.6	11.7	30.4
Males:										
6-11.....	2.3	† .3	† 2.1	8.7	† 1.0	5.3	16.1	4.6	13.2	31.6
12-19.....	2.3	† 3.6	11.0	20.9	† 2.4	7.4	22.8	7.4	24.4	44.9
20-39.....	6.9	4.9	17.6	37.3	† 1.9	10.0	22.8	9.1	31.1	52.1
40-59.....	3.8	4.8	18.0	35.1	† 1.2	8.9	24.3	12.5	35.0	56.9
60 and over.....	3.3	2.0	8.5	23.9	† 1.6	6.8	17.7	10.2	31.7	60.5
20 and over.....	14.0	4.2	15.6	33.5	1.6	8.9	22.0	10.3	32.3	55.4
Females:										
6-11.....	1.9	† .5	† 3.2	14.8	† 1.2	8.9	24.4	4.4	22.1	46.7
12-19.....	2.4	6.8	17.7	36.4	4.7	15.5	38.5	13.3	35.9	58.4
20-39.....	6.7	7.0	21.8	43.2	3.1	20.0	37.9	15.6	41.8	66.3
40-59.....	4.0	5.2	21.6	44.6	† 1.9	13.1	31.9	14.7	42.0	66.8
60 and over.....	4.4	3.8	15.1	32.8	2.9	9.9	28.8	12.5	35.0	62.2
20 and over.....	15.1	5.6	19.8	40.5	2.7	15.3	33.7	14.5	39.9	65.2
All individuals.....	41.7	4.1	14.5	30.9	2.2	11.2	26.9	10.4	31.4	54.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 0.6	† 1.7	4.7	† 3.3	14.1	33.1	4.6	17.2	38.4
3-5.....	1.2	† .7	† 2.7	10.1	† 1.1	7.2	23.3	† 3.1	13.8	30.0
5 and under ‡ .....	2.3	† .6	2.0	7.1	† 1.8	9.0	24.6	3.3	13.7	31.9
Males:										
6-11.....	1.3	† 0.0	† 2.0	7.8	† 0.0	† 2.2	12.1	† 2.4	7.7	27.7
12-19.....	2.0	† 1.8	9.7	22.5	† .7	8.7	23.8	8.8	27.7	46.2
20-39.....	6.3	2.6	12.0	33.3	† .4	5.4	18.4	8.1	26.8	48.6
40-59.....	6.7	1.9	11.1	27.0	† 1.3	5.3	16.7	7.8	26.4	48.8
60 and over.....	2.6	† .8	5.3	17.8	† .6	3.5	9.8	7.1	22.6	49.9
20 and over.....	15.6	2.0	10.5	28.0	.8	5.1	16.2	7.8	25.9	48.9
Females:										
6-11.....	1.3	† 0.0	6.6	16.5	† 1.2	8.4	27.3	† 5.1	20.8	43.4
12-19.....	1.8	† 6.4	19.3	34.2	† 5.7	15.6	38.5	14.3	33.9	57.9
20-39.....	5.6	3.1	12.1	33.8	† 2.0	14.4	30.1	12.6	35.7	60.6
40-59.....	6.7	3.3	16.5	34.9	2.0	11.4	27.2	10.9	36.4	62.6
60 and over.....	2.5	† 3.0	14.0	28.2	† 2.1	10.2	21.1	11.5	28.4	56.4
20 and over.....	14.9	3.2	14.4	33.4	2.0	12.3	27.3	11.7	34.8	60.8
All individuals.....	39.1	2.4	11.4	27.8	1.5	8.7	22.5	9.1	28.2	51.8
All Incomes.....	100.0	3.6	13.6	30.0	2.3	10.9	25.9	10.4	30.5	53.6

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 0.0	† 0.0	† 1.4	† 0.2	† 1.0	† 1.0	14.7	37.2	52.2
3-5.....	1.5	† 0.0	† .6	† 2.5	† .3	† .5	† 1.5	10.3	31.0	56.7
5 and under ‡ .....	2.9	† 0.0	† .3	1.9	† .2	† .6	† 1.1	11.1	30.8	51.0
Males:										
6-11.....	1.0	† 0.0	† .4	† 5.9	† 0.0	† 1.9	† 3.1	8.6	25.9	52.9
12-19.....	1.5	† 4.6	16.7	27.7	† 1.8	† 4.5	8.6	21.7	44.4	69.2
20-39.....	2.4	6.2	19.8	31.4	† 2.9	6.0	11.8	19.9	35.8	52.9
40-59.....	1.0	7.8	21.4	44.8	† 3.5	12.7	18.8	18.5	50.1	69.5
60 and over.....	0.9	13.5	31.6	52.5	9.1	15.4	25.9	30.2	58.0	74.0
20 and over.....	4.3	8.0	22.6	38.7	4.3	9.5	16.3	21.6	43.5	61.0
Females:										
6-11.....	1.2	† .7	† 3.0	10.1	† 0.0	† .6	† 3.7	13.3	33.6	60.9
12-19.....	1.4	11.3	27.5	47.7	† 3.5	10.6	22.5	48.4	77.4	91.5
20-39.....	3.4	21.3	39.3	54.7	8.4	16.6	25.5	37.1	65.5	85.6
40-59.....	1.4	12.9	39.0	56.5	11.1	22.0	36.2	35.9	62.2	81.6
60 and over.....	2.1	11.2	30.4	54.5	13.4	25.1	36.6	36.7	65.0	83.2
20 and over.....	6.9	16.6	36.5	55.0	10.5	20.3	31.0	36.8	64.7	84.1
All individuals.....	19.2	9.0	21.8	35.3	5.1	10.8	17.7	26.3	50.3	70.3
131-350% poverty:										
Males and females:										
1-2.....	1.2	† 0.0	† .1	† 1.3	† 0.0	† .4	† 1.1	10.3	26.5	50.5
3-5.....	2.0	† 0.0	† .4	† 1.7	† .2	† .7	† 1.9	10.3	29.5	55.7
5 and under ‡ .....	3.8	† 0.0	† .3	1.4	† .5	† .9	1.7	9.3	25.7	50.8
Males:										
6-11.....	2.3	† .5	† 2.7	6.5	† 0.0	† .6	† 2.1	7.1	23.9	46.0
12-19.....	2.3	† 3.9	12.4	25.8	† .5	† 4.1	6.8	17.5	38.6	63.3
20-39.....	6.9	6.8	18.1	34.7	3.2	6.1	10.5	15.0	36.3	56.4
40-59.....	3.8	11.0	21.9	37.3	† 2.2	6.1	10.8	15.6	36.9	54.4
60 and over.....	3.3	5.8	17.8	35.7	3.5	7.9	14.8	14.8	38.0	60.3
20 and over.....	14.0	7.7	19.1	35.6	3.0	6.5	11.6	15.1	36.9	56.8
Females:										
6-11.....	1.9	† .8	† 2.6	10.7	† .6	† 1.0	† 4.0	8.9	31.6	57.7
12-19.....	2.4	9.1	21.8	41.6	9.4	15.7	28.1	41.5	68.4	87.5
20-39.....	6.7	11.7	32.1	48.0	7.7	17.5	30.6	30.9	57.9	79.4
40-59.....	4.0	11.8	31.6	52.1	6.1	16.2	28.8	33.4	56.3	78.1
60 and over.....	4.4	8.7	22.1	41.7	6.7	15.4	27.0	28.2	59.7	80.2
20 and over.....	15.1	10.9	29.1	47.3	7.0	16.5	29.1	30.8	58.0	79.3
All individuals.....	41.7	7.3	19.1	33.8	4.2	9.4	16.8	21.2	44.5	65.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
Percent		Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 0.0	† .6	† 1.6	† 0.6	† 0.6	† 0.9	8.0	28.4	51.4
3-5.....	1.2	† .3	† 1.0	† 2.7	† .7	† 1.1	† 3.6	12.9	31.0	57.8
5 and under ‡ .....	2.3	† .2	† .8	2.1	† .6	† .8	2.2	9.8	27.2	51.8
Males:										
6-11.....	1.3	† 0.0	† .6	† 2.0	† 0.0	† .3	† 2.2	† 4.4	19.8	34.7
12-19.....	2.0	† 4.5	13.6	27.3	† .7	† 2.3	7.6	16.0	36.2	60.1
20-39.....	6.3	5.2	19.1	33.6	2.5	6.0	10.8	11.1	30.6	51.9
40-59.....	6.7	3.7	14.9	29.6	2.0	5.5	10.5	10.6	32.9	53.2
60 and over.....	2.6	3.2	11.9	26.5	† 1.9	4.5	9.6	9.2	31.8	52.6
20 and over.....	15.6	4.2	16.1	30.7	2.2	5.5	10.5	10.6	31.8	52.6
Females:										
6-11.....	1.3	† .2	† 2.3	8.6	† 1.3	† 2.9	10.9	11.5	30.9	54.0
12-19.....	1.8	8.8	22.6	37.2	10.3	15.7	26.3	42.1	68.5	81.5
20-39.....	5.6	7.9	26.8	43.4	8.8	16.8	28.6	20.7	51.4	73.0
40-59.....	6.7	7.9	23.2	42.0	8.0	17.4	29.5	23.0	51.9	74.2
60 and over.....	2.5	5.9	19.4	34.7	8.1	17.5	28.3	26.5	53.0	74.3
20 and over.....	14.9	7.6	23.9	41.3	8.3	17.2	29.0	22.7	51.9	73.8
All individuals.....	39.1	5.2	17.3	31.5	4.6	9.7	17.3	16.7	40.6	61.7
All Incomes.....	100.0	6.8	18.9	33.2	4.5	9.8	17.2	20.4	44.1	65.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	3.9	17.6	37.5	† 0.0	† 1.1	3.3	10.9	31.2	51.9
3-5.....	1.5	† 1.5	9.5	26.6	† .2	† 1.2	6.8	3.2	16.7	37.4
5 and under ‡ .....	2.9	2.6	12.3	30.5	† .1	1.5	5.3	5.9	20.5	39.8
Males:										
6-11.....	1.0	† .3	8.0	17.3	† 1.7	10.4	27.3	† 1.5	† 5.4	24.8
12-19.....	1.5	† 2.1	8.3	31.7	14.7	42.0	68.9	† 1.4	† 5.2	21.0
20-39.....	2.4	† 2.1	6.5	17.8	13.7	35.8	60.7	† 1.3	6.7	14.0
40-59.....	1.0	† 3.3	6.3	11.6	16.0	44.8	74.3	† 2.3	9.2	17.0
60 and over.....	0.9	3.7	16.7	31.5	29.9	66.6	85.9	3.8	17.2	32.8
20 and over.....	4.3	2.7	8.5	19.1	17.4	44.0	68.9	2.0	9.4	18.5
Females:										
6-11.....	1.2	† 1.5	10.8	29.2	† 3.8	12.8	33.5	† 3.2	17.0	44.2
12-19.....	1.4	14.1	39.0	66.5	24.4	65.0	83.2	18.0	43.1	72.6
20-39.....	3.4	9.6	24.4	45.2	22.1	56.5	81.6	26.6	53.3	77.4
40-59.....	1.4	6.2	17.9	39.5	20.8	52.6	79.5	19.5	45.1	68.5
60 and over.....	2.1	8.0	23.2	46.7	26.1	57.9	87.4	9.1	28.3	52.5
20 and over.....	6.9	8.4	22.7	44.5	23.1	56.2	83.0	19.9	44.0	68.1
All individuals.....	19.2	5.3	16.5	35.0	15.5	39.7	61.1	10.2	25.9	45.6
131-350% poverty:										
Males and females:										
1-2.....	1.2	† 1.5	12.6	34.5	† .1	† .8	† 2.1	7.6	29.7	55.8
3-5.....	2.0	† 1.0	9.4	27.8	† 0.0	† 2.0	7.1	2.2	15.5	36.1
5 and under ‡ .....	3.8	1.4	11.6	30.1	† *	2.0	5.7	4.1	19.0	38.8
Males:										
6-11.....	2.3	† .7	4.5	18.0	† .9	8.7	25.5	† 2.2	6.8	21.8
12-19.....	2.3	† 3.4	10.6	28.9	15.3	43.8	69.1	† 2.1	8.8	15.0
20-39.....	6.9	† 1.5	5.3	15.0	12.7	37.1	64.4	† .8	4.6	13.2
40-59.....	3.8	† 1.9	4.3	12.9	12.6	38.3	64.7	† .8	7.2	17.8
60 and over.....	3.3	† .9	6.4	15.4	11.7	44.5	77.2	† 1.4	6.8	18.9
20 and over.....	14.0	1.5	5.3	14.5	12.4	39.1	67.5	1.0	5.8	15.8
Females:										
6-11.....	1.9	† .9	6.2	27.6	† 2.5	14.7	34.1	† 2.3	14.9	37.3
12-19.....	2.4	10.8	40.4	66.3	21.7	58.9	83.8	15.3	46.2	74.5
20-39.....	6.7	6.6	20.7	39.3	16.9	53.3	79.0	19.3	51.6	74.9
40-59.....	4.0	† 2.1	13.6	33.1	14.2	49.4	77.3	12.6	42.3	68.3
60 and over.....	4.4	2.8	16.2	36.5	13.7	45.0	77.4	4.3	18.1	40.3
20 and over.....	15.1	4.3	17.5	36.9	15.3	49.9	78.1	13.2	39.4	63.1
All individuals.....	41.7	3.1	12.6	28.6	11.9	38.3	62.9	6.7	22.1	39.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
Percent		Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 3.6	12.7	33.6	† 0.0	† 0.6	† 3.6	8.6	33.2	61.7
3-5.....	1.2	† 1.3	11.2	33.8	† .4	† 2.1	8.3	† 1.9	14.8	43.0
5 and under ‡ .....	2.3	2.0	11.3	33.0	† .2	† 1.3	6.3	4.6	20.9	46.6
Males:										
6-11.....	1.3	† 0.0	† 1.8	16.4	† 0.0	7.8	18.6	† 0.0	† 3.6	13.4
12-19.....	2.0	† 1.4	6.5	21.7	12.7	34.6	61.7	† .4	† 5.2	16.1
20-39.....	6.3	† .3	4.3	12.0	8.9	37.6	64.6	† 0.0	3.3	10.1
40-59.....	6.7	† .3	2.3	8.9	8.0	32.9	61.2	† .5	3.3	13.1
60 and over.....	2.6	† 0.0	2.5	8.0	6.4	35.6	65.6	† .9	4.0	12.1
20 and over.....	15.6	† .2	3.1	10.0	8.1	35.3	63.3	† .4	3.4	11.7
Females:										
6-11.....	1.3	† 2.7	10.5	28.0	† 2.0	10.8	29.6	† 3.1	13.7	37.1
12-19.....	1.8	13.7	36.8	66.4	23.2	56.8	79.5	13.9	40.8	69.7
20-39.....	5.6	4.1	12.4	30.3	12.0	42.4	71.1	14.2	43.0	69.9
40-59.....	6.7	2.6	10.0	27.7	8.4	38.7	69.8	9.9	31.8	59.9
60 and over.....	2.5	† 3.5	14.5	30.0	11.9	36.6	67.5	† 3.4	15.7	31.6
20 and over.....	14.9	3.3	11.7	29.1	10.3	39.7	69.9	10.4	33.3	58.9
All individuals.....	39.1	2.3	8.8	22.5	8.9	34.2	60.5	5.1	18.0	35.5
All Incomes.....	100.0	3.2	11.8	27.4	11.4	36.9	61.6	6.7	21.2	39.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	20.0	57.4	79.7
3-5.....	1.5	11.6	42.6	69.1
5 and under ‡ .....	2.9	13.5	44.2	67.8
Males:				
6-11.....	1.0	8.0	31.5	59.2
12-19.....	1.5	10.4	40.5	66.2
20-39.....	2.4	13.8	35.5	55.9
40-59.....	1.0	15.7	49.4	77.1
60 and over.....	0.9	37.2	70.0	90.4
20 and over.....	4.3	18.9	45.6	67.7
Females:				
6-11.....	1.2	10.1	43.2	65.2
12-19.....	1.4	25.5	46.0	73.3
20-39.....	3.4	27.4	56.1	79.5
40-59.....	1.4	32.3	64.1	81.2
60 and over.....	2.1	38.8	74.8	90.6
20 and over.....	6.9	31.9	63.4	83.2
All individuals.....	19.2	21.4	50.5	73.0
131-350% poverty:				
Males and females:				
1-2.....	1.2	20.4	61.6	86.7
3-5.....	2.0	11.4	45.8	73.9
5 and under ‡ .....	3.8	13.2	45.9	71.2
Males:				
6-11.....	2.3	6.1	27.6	54.1
12-19.....	2.3	12.2	38.4	66.0
20-39.....	6.9	14.0	38.4	59.2
40-59.....	3.8	15.8	43.5	69.2
60 and over.....	3.3	25.3	58.2	81.3
20 and over.....	14.0	17.2	44.5	67.2
Females:				
6-11.....	1.9	11.1	42.0	70.0
12-19.....	2.4	22.2	53.1	78.3
20-39.....	6.7	23.7	59.6	80.6
40-59.....	4.0	23.0	62.3	83.4
60 and over.....	4.4	26.3	63.4	86.9
20 and over.....	15.1	24.3	61.4	83.2
All individuals.....	41.7	18.5	49.8	73.3

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	26.8	68.7	88.5
3-5.....	1.2	15.9	51.9	82.6
5 and under ‡ .....	2.3	18.2	52.8	79.2
Males:				
6-11.....	1.3	† 4.9	23.9	52.4
12-19.....	2.0	9.4	37.3	63.8
20-39.....	6.3	12.6	34.2	65.0
40-59.....	6.7	13.3	41.4	67.3
60 and over.....	2.6	16.1	49.3	76.2
20 and over.....	15.6	13.5	39.8	67.9
Females:				
6-11.....	1.3	12.5	39.6	72.9
12-19.....	1.8	21.1	51.3	75.7
20-39.....	5.6	19.3	52.8	79.2
40-59.....	6.7	21.5	57.7	82.5
60 and over.....	2.5	25.2	58.0	84.9
20 and over.....	14.9	21.3	55.9	81.6
All individuals.....	39.1	16.6	46.6	73.6
All incomes.....	100.0	18.3	48.7	73.3

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 3B.—Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96**

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<hr/>										
	Percent	Percent of individuals								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	47.0	9.2	† 1.3	† 98.9	95.8	84.0	73.0	45.0	22.7
3-5.....	1.5	39.9	7.0	† .8	† 99.3	92.1	77.5	67.7	39.9	23.0
5 and under ‡ .....	2.9	45.7	8.5	† .9	97.5	87.9	73.3	72.5	45.8	25.3
Males:										
6-11.....	1.0	38.4	† 6.1	† 1.6	† 95.6	84.9	65.3	43.5	19.5	9.9
12-19.....	1.5	40.2	† 6.3	† 0.0	92.5	70.0	31.5	31.4	16.2	7.5
20-39.....	2.4	39.7	15.1	9.9	84.9	59.3	30.9	37.5	21.1	14.4
40-59.....	1.0	27.7	5.7	† 1.9	77.3	37.1	14.0	28.3	15.6	8.8
60 and over.....	0.9	13.3	† 1.4	† 0.0	52.6	13.6	4.2	34.1	19.3	10.9
20 and over.....	4.3	31.7	10.2	6.1	76.7	45.0	21.7	34.7	19.5	12.4
Females:										
6-11.....	1.2	27.9	† 0.0	† 0.0	† 95.3	82.2	57.3	38.9	18.0	12.2
12-19.....	1.4	26.7	† 3.1	† .9	76.7	46.8	15.9	25.3	14.6	9.2
20-39.....	3.4	18.7	† 2.1	† .1	69.2	29.7	9.6	27.9	13.3	8.2
40-59.....	1.4	14.4	† 2.4	† 0.0	64.3	28.2	7.9	32.0	15.8	12.1
60 and over.....	2.1	6.7	† .2	† .2	55.0	14.3	† 2.1	35.6	18.1	10.2
20 and over.....	6.9	14.2	1.6	† .1	63.9	24.7	7.0	31.0	15.2	9.6
All individuals.....	19.2	27.9	5.1	1.7	78.6	50.7	28.9	38.8	21.2	12.5
131-350% poverty:										
Males and females:										
1-2.....	1.2	44.8	6.9	† .5	† 99.1	94.9	84.9	80.0	57.4	33.7
3-5.....	2.0	40.8	4.7	† .3	† 99.0	90.9	69.2	73.1	45.7	25.6
5 and under ‡ .....	3.8	43.4	6.6	† .9	95.5	85.5	68.0	78.3	52.5	30.6
Males:										
6-11.....	2.3	40.7	† 3.7	† .5	† 96.9	84.1	64.4	64.2	34.4	18.5
12-19.....	2.3	33.5	8.4	† 1.7	89.3	61.7	33.0	39.1	24.4	10.5
20-39.....	6.9	34.8	4.1	† .5	81.7	51.9	26.9	31.4	15.2	8.3
40-59.....	3.8	28.3	4.0	† .2	79.0	41.4	16.2	37.0	19.8	11.1
60 and over.....	3.3	25.7	2.4	† .3	67.6	22.8	4.4	47.1	24.8	15.2
20 and over.....	14.0	30.9	3.7	† .4	77.6	42.2	18.7	36.6	18.7	10.7
Females:										
6-11.....	1.9	26.8	† 1.6	† 0.0	† 97.5	75.5	43.9	50.3	22.5	11.8
12-19.....	2.4	28.0	† 2.4	† .4	75.0	34.1	13.1	31.0	14.4	7.4
20-39.....	6.7	18.9	† 1.7	† 0.0	69.2	26.3	8.1	32.1	16.3	8.5
40-59.....	4.0	15.6	† 1.2	† 0.0	69.4	23.5	4.8	40.4	24.1	12.3
60 and over.....	4.4	13.7	† .5	† 0.0	62.9	17.3	4.4	50.9	25.7	15.1
20 and over.....	15.1	16.5	1.2	† 0.0	67.4	22.9	6.2	39.8	21.1	11.4
All individuals.....	41.7	27.1	3.1	.3	78.0	43.6	22.7	43.5	23.7	13.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.—Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96—continued

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	37.9	4.7	† 0.8	† 98.1	92.0	81.7	79.5	46.4	32.0
3-5.....	1.2	36.8	† 3.3	† .1	† 98.2	91.0	68.7	76.1	48.5	27.1
5 and under ‡ .....	2.3	39.7	4.0	† .4	96.9	85.8	67.5	79.7	50.6	29.7
Males:										
6-11.....	1.3	46.3	† 4.5	† .4	† 100.0	88.1	65.1	69.7	42.2	20.0
12-19.....	2.0	45.6	9.2	† 2.0	90.1	64.5	38.4	35.7	16.5	9.0
20-39.....	6.3	30.5	5.6	† .3	87.3	53.8	19.5	35.1	18.7	11.5
40-59.....	6.7	33.8	3.4	† .7	82.6	43.1	17.6	44.8	24.3	12.8
60 and over.....	2.6	30.9	2.8	† 0.0	76.5	26.3	6.1	53.8	28.8	15.6
20 and over.....	15.6	32.0	4.2	† .4	83.5	44.5	16.4	42.5	22.8	12.7
Females:										
6-11.....	1.3	28.2	† 2.8	† 0.0	91.6	74.3	44.1	59.4	34.1	23.6
12-19.....	1.8	20.1	† 3.0	† 0.0	77.5	38.1	11.4	34.3	19.9	9.0
20-39.....	5.6	18.8	† 1.7	† 0.0	75.9	26.5	10.2	44.6	25.4	15.3
40-59.....	6.7	18.7	† 1.3	† 0.0	72.7	24.9	6.1	44.1	25.0	15.2
60 and over.....	2.5	19.6	† 0.0	† 0.0	70.5	26.5	4.2	50.3	31.4	18.6
20 and over.....	14.9	18.9	1.2	† 0.0	73.5	25.8	7.3	45.3	26.3	15.8
All individuals.....	39.1	28.0	3.2	.3	81.4	43.0	19.4	46.5	26.3	15.2
All incomes.....	100.0	27.6	3.6	0.6	79.5	44.7	22.6	43.8	24.3	13.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	21.0	5.3	3.0	80.8	65.7	52.2	84.7	50.6	23.4
3-5.....	1.5	25.4	5.0	† 1	79.9	59.3	43.0	85.8	49.4	21.8
5 and under ‡ .....	2.9	31.8	15.3	11.4	82.6	65.6	50.5	86.5	53.4	27.3
Males:										
6-11.....	1.0	30.1	9.6	† 3.1	76.5	59.7	42.5	88.3	53.1	16.8
12-19.....	1.5	34.3	7.8	† 2.1	69.7	53.7	41.7	70.2	35.8	15.4
20-39.....	2.4	40.5	20.6	12.6	63.6	49.7	35.3	67.2	33.8	18.1
40-59.....	1.0	26.9	7.3	† 3.5	54.2	41.5	30.9	62.1	36.8	9.3
60 and over.....	0.9	14.2	4.2	† 1.6	46.5	27.6	21.0	58.0	22.5	7.6
20 and over.....	4.3	32.1	14.2	8.3	58.0	43.4	31.4	64.2	32.2	14.0
Females:										
6-11.....	1.2	18.0	† 3.0	† 2	72.5	56.9	40.8	77.8	38.4	10.2
12-19.....	1.4	26.7	† 5.1	† 1.7	61.8	43.0	26.2	70.3	27.2	11.0
20-39.....	3.4	25.7	7.0	† 2.5	50.0	33.7	22.0	54.1	19.7	7.6
40-59.....	1.4	21.3	4.6	† 1.6	50.3	31.1	20.9	57.3	19.4	5.0
60 and over.....	2.1	12.6	4.5	† 2.2	53.8	33.9	20.3	51.8	17.2	5.6
20 and over.....	6.9	20.8	5.8	2.3	51.2	33.3	21.3	54.0	18.9	6.5
All individuals.....	19.2	26.8	9.2	4.8	62.3	45.5	32.2	66.9	32.0	13.1
131-350% poverty:										
Males and females:										
1-2.....	1.2	20.2	5.7	† 1.4	79.6	61.9	46.4	85.5	48.5	18.4
3-5.....	2.0	22.7	5.3	† 1.6	78.8	58.7	41.9	85.3	51.1	17.1
5 and under ‡ .....	3.8	31.9	17.7	13.4	81.9	64.6	48.3	86.7	53.9	23.8
Males:										
6-11.....	2.3	29.1	8.3	† 2.8	75.4	58.0	42.5	87.9	54.3	25.2
12-19.....	2.3	32.2	10.8	† 2.4	63.8	46.9	31.3	76.8	38.8	15.2
20-39.....	6.9	36.7	13.1	3.7	58.7	41.9	31.8	63.5	29.0	10.8
40-59.....	3.8	33.8	11.1	3.8	50.6	35.7	24.6	67.3	30.8	12.1
60 and over.....	3.3	24.8	5.8	2.4	64.1	43.2	29.3	75.5	35.5	14.2
20 and over.....	14.0	33.1	10.8	3.4	57.7	40.5	29.3	67.4	31.0	12.0
Females:										
6-11.....	1.9	30.6	4.4	† 1.1	71.2	48.3	35.7	78.6	39.2	12.0
12-19.....	2.4	25.3	5.0	† 2.5	59.1	40.8	31.0	67.8	24.1	7.3
20-39.....	6.7	24.6	8.3	3.0	50.8	33.8	21.3	57.7	20.8	6.4
40-59.....	4.0	24.9	6.1	2.4	54.5	35.5	21.0	56.1	22.7	7.6
60 and over.....	4.4	23.8	5.2	2.6	61.3	42.9	25.2	68.5	25.7	7.4
20 and over.....	15.1	24.4	6.8	2.7	54.8	36.9	22.4	60.4	22.8	7.0
All individuals.....	41.7	29.0	9.2	3.8	60.9	43.1	29.7	68.8	31.8	11.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	14.6	8.2	† 3.1	85.1	70.1	51.2	86.0	39.5	19.3
3-5.....	1.2	18.1	6.9	† 1.7	78.2	62.0	44.0	88.9	48.4	15.0
5 and under ‡ .....	2.3	25.0	16.4	10.7	82.9	68.4	50.7	88.8	49.5	22.5
Males:										
6-11.....	1.3	34.5	7.8	† 1.7	80.3	61.3	42.2	† 94.2	56.9	24.5
12-19.....	2.0	39.7	9.5	† 4.3	70.3	55.7	40.7	79.4	45.3	16.9
20-39.....	6.3	37.1	12.9	5.2	58.8	39.6	31.2	65.7	29.9	11.8
40-59.....	6.7	42.5	15.2	4.7	65.0	49.6	33.5	72.4	33.3	11.5
60 and over.....	2.6	33.3	11.2	5.6	73.6	56.6	41.5	80.6	42.9	18.0
20 and over.....	15.6	38.8	13.6	5.1	64.0	46.8	33.9	71.1	33.6	12.7
Females:										
6-11.....	1.3	26.5	7.8	† 2.9	81.3	61.4	45.5	82.2	38.7	18.6
12-19.....	1.8	20.2	† 6.3	† 1.8	52.5	37.1	27.0	66.2	28.1	9.4
20-39.....	5.6	31.8	10.6	4.4	56.4	38.0	23.8	68.9	27.4	7.9
40-59.....	6.7	34.2	11.2	4.0	58.9	39.1	25.7	66.3	26.3	8.7
60 and over.....	2.5	29.9	10.4	4.5	68.7	50.1	36.1	70.2	28.7	10.5
20 and over.....	14.9	32.6	10.8	4.2	59.6	40.5	26.7	67.9	27.1	8.7
All individuals.....	39.1	34.3	11.8	4.7	64.3	46.7	32.9	72.2	33.3	12.4
All incomes.....	100.0	30.7	10.2	4.4	62.5	45.0	31.4	69.8	32.4	12.3

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent ----- Percent of individuals -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	93.1	76.6	48.5	72.3	41.9	18.0	63.8	28.9	9.2
3-5.....	1.5	90.1	63.2	28.8	80.6	43.7	17.5	72.4	34.3	11.1
5 and under ‡ .....	2.9	92.4	70.7	41.8	78.5	44.9	20.1	70.6	33.1	10.8
Males:										
6-11.....	1.0	89.5	57.1	21.1	81.1	41.4	15.3	57.0	20.4	9.5
12-19.....	1.5	72.4	35.9	19.0	73.0	34.5	13.2	51.7	15.7	† 4.3
20-39.....	2.4	68.4	35.4	19.2	79.3	48.5	25.4	55.1	23.6	12.7
40-59.....	1.0	61.4	20.8	10.1	74.9	35.7	15.5	30.7	11.7	4.4
60 and over.....	0.9	58.6	23.6	9.0	64.1	28.6	9.7	25.0	6.1	† 1.7
20 and over.....	4.3	64.8	29.7	15.0	75.2	41.6	19.9	43.4	17.3	8.6
Females:										
6-11.....	1.2	82.1	47.2	16.8	69.8	29.3	6.9	50.9	16.7	† 4.2
12-19.....	1.4	64.3	28.5	12.9	62.9	27.5	8.0	43.8	12.3	† 3.2
20-39.....	3.4	50.8	17.1	5.7	59.3	22.8	7.6	33.5	8.0	† 2.4
40-59.....	1.4	48.1	21.9	6.1	58.1	24.7	7.0	30.0	5.2	† 1.5
60 and over.....	2.1	57.1	21.3	4.5	60.7	25.2	5.1	27.1	5.7	† 1.3
20 and over.....	6.9	52.2	19.3	5.4	59.5	23.9	6.7	30.9	6.8	1.9
All individuals.....	19.2	67.4	35.0	16.1	69.0	33.4	12.8	44.8	15.5	5.5
131-350% poverty:										
Males and females:										
1-2.....	1.2	96.4	78.9	50.0	72.8	36.0	14.1	68.0	27.1	8.4
3-5.....	2.0	89.9	62.4	29.3	80.1	41.7	15.8	70.8	29.3	11.1
5 and under ‡ .....	3.8	93.0	71.5	42.5	79.4	42.4	18.3	69.6	29.1	11.1
Males:										
6-11.....	2.3	91.3	63.8	34.2	83.9	50.7	19.9	68.4	30.7	10.9
12-19.....	2.3	79.1	43.9	21.3	77.2	40.8	19.1	55.1	20.5	6.8
20-39.....	6.9	62.7	31.8	12.3	77.2	44.0	19.8	47.9	18.9	6.0
40-59.....	3.8	64.9	33.0	11.5	75.7	40.6	16.6	43.1	14.4	4.5
60 and over.....	3.3	76.1	36.7	16.6	82.3	43.6	20.1	39.5	11.4	3.7
20 and over.....	14.0	66.5	33.3	13.1	78.0	43.0	19.0	44.6	15.9	5.1
Females:										
6-11.....	1.9	85.2	47.9	17.9	75.6	28.9	8.1	53.3	15.3	† 3.0
12-19.....	2.4	63.6	30.9	12.6	61.5	22.9	7.3	41.6	12.8	† 4.0
20-39.....	6.7	56.8	22.4	5.3	62.1	24.5	8.0	33.7	5.9	† 2.0
40-59.....	4.0	55.4	19.7	7.2	68.1	26.0	8.3	33.2	8.5	† 1.8
60 and over.....	4.4	67.2	27.4	9.8	71.2	33.3	9.4	37.8	8.5	2.2
20 and over.....	15.1	59.5	23.2	7.1	66.3	27.5	8.5	34.8	7.3	2.0
All individuals.....	41.7	69.1	35.9	15.4	73.1	35.9	14.1	45.4	14.9	4.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	95.3	72.0	48.0	66.9	33.7	12.5	61.6	23.9	7.7
3-5.....	1.2	89.9	56.8	32.1	76.7	38.5	9.1	70.0	29.6	6.8
5 and under ‡ .....	2.3	92.9	66.5	44.1	75.4	40.5	13.8	68.1	28.8	7.5
Males:										
6-11.....	1.3	92.2	68.3	34.4	87.9	50.1	16.9	72.3	31.3	8.1
12-19.....	2.0	77.5	43.9	23.5	76.2	44.0	19.2	53.8	21.5	9.4
20-39.....	6.3	66.7	32.4	12.3	81.6	42.2	19.0	51.4	18.0	5.0
40-59.....	6.7	73.0	35.6	12.7	83.3	52.3	23.5	51.2	16.5	4.4
60 and over.....	2.6	82.2	45.2	18.6	90.2	55.4	27.0	50.1	14.6	3.5
20 and over.....	15.6	72.0	35.9	13.5	83.8	48.8	22.3	51.1	16.8	4.5
Females:										
6-11.....	1.3	83.5	52.6	20.0	72.7	34.0	13.8	56.6	25.1	8.9
12-19.....	1.8	65.8	31.9	13.2	61.5	25.5	6.5	42.1	12.9	† 4.4
20-39.....	5.6	66.2	26.9	8.8	69.9	29.6	10.9	39.4	11.6	† 2.3
40-59.....	6.7	65.1	22.7	7.3	72.8	32.4	11.6	37.4	8.9	3.1
60 and over.....	2.5	71.8	32.4	9.3	78.9	41.8	15.0	43.6	12.9	† 2.0
20 and over.....	14.9	66.6	25.9	8.2	72.7	32.9	11.9	39.2	10.6	2.6
All individuals.....	39.1	72.2	35.8	14.7	77.5	40.5	16.5	48.2	16.0	4.5
All incomes.....	100.0	70.0	35.7	15.3	74.1	37.2	14.8	46.4	15.4	4.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	† 98.6	91.6	79.9	† 99.0	97.0	92.5	47.8	14.2	4.7
3-5.....	1.5	† 97.5	90.5	78.8	† 98.5	96.0	89.0	43.3	9.8	3.2
5 and under ‡ .....	2.9	98.1	91.8	80.8	† 98.9	96.8	91.1	49.0	14.4	4.7
Males:										
6-11.....	1.0	† 94.1	74.0	58.5	† 96.9	85.9	67.1	47.1	17.6	† 3.7
12-19.....	1.5	72.3	41.5	28.0	91.4	77.1	63.9	30.8	7.6	† 1.9
20-39.....	2.4	68.6	44.0	29.8	88.2	73.7	59.7	47.1	23.7	12.7
40-59.....	1.0	55.2	30.5	14.8	81.2	70.9	51.1	30.5	11.3	5.2
60 and over.....	0.9	47.5	22.8	11.0	74.1	56.6	41.1	26.0	6.3	† 2.4
20 and over.....	4.3	61.3	36.7	22.5	83.7	69.6	54.0	39.0	17.3	8.9
Females:										
6-11.....	1.2	89.9	72.5	52.5	† 96.3	86.2	64.5	39.1	10.6	† 2.3
12-19.....	1.4	52.3	29.5	15.7	77.5	58.6	39.2	8.5	† 1.9	† .5
20-39.....	3.4	45.3	21.9	9.2	74.5	49.7	30.6	14.4	3.2	† 1.6
40-59.....	1.4	43.5	18.4	7.0	63.8	45.6	31.3	18.4	6.9	† .7
60 and over.....	2.1	45.5	18.8	7.7	63.4	40.9	22.5	16.8	† 2.0	† .6
20 and over.....	6.9	45.0	20.3	8.3	69.0	46.2	28.3	15.9	3.5	† 1.1
All individuals.....	19.2	64.7	43.0	29.8	82.3	66.9	51.3	29.7	9.6	3.6
131-350% poverty:										
Males and females:										
1-2.....	1.2	† 98.7	93.7	84.9	† 98.9	96.8	92.7	49.5	18.5	3.8
3-5.....	2.0	† 98.3	90.6	75.7	† 98.1	92.0	82.7	44.3	11.3	2.1
5 and under ‡ .....	3.8	98.6	92.5	80.9	98.3	94.3	87.7	49.2	16.5	4.3
Males:										
6-11.....	2.3	93.5	77.6	63.7	† 97.9	88.0	74.2	54.0	22.0	4.6
12-19.....	2.3	74.2	45.1	27.0	93.2	79.4	64.4	36.7	14.5	4.5
20-39.....	6.9	65.3	37.4	21.1	89.5	75.0	60.5	43.6	18.2	7.0
40-59.....	3.8	62.7	33.6	16.5	89.2	72.2	58.2	45.6	17.6	6.6
60 and over.....	3.3	64.3	34.5	17.2	85.2	67.6	50.4	39.7	12.9	2.1
20 and over.....	14.0	64.4	35.7	18.9	88.4	72.5	57.5	43.2	16.8	5.7
Females:										
6-11.....	1.9	89.3	67.3	47.3	† 96.0	83.0	56.7	42.3	11.6	† 1.4
12-19.....	2.4	58.4	30.2	11.6	71.9	50.9	32.3	12.5	† 1.5	† .3
20-39.....	6.7	52.0	20.4	9.8	69.4	47.8	30.9	20.6	4.6	† .5
40-59.....	4.0	47.9	23.9	9.7	71.2	47.9	30.2	21.9	4.1	† 2.0
60 and over.....	4.4	58.3	27.0	11.8	73.0	49.2	29.8	19.8	3.1	† .6
20 and over.....	15.1	52.7	23.2	10.4	70.9	48.2	30.4	20.7	4.0	.9
All individuals.....	41.7	66.2	40.3	25.2	83.2	66.2	50.3	34.1	11.2	3.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.—Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96—continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	† 98.4	90.1	76.8	† 99.1	† 96.6	92.2	48.6	15.0	† 4.0
3-5.....	1.2	† 97.3	87.3	74.2	† 96.4	91.4	78.7	42.2	13.8	† 2.4
5 and under ‡ .....	2.3	97.9	89.7	77.3	97.8	94.1	85.7	48.2	15.4	4.0
Males:										
6-11.....	1.3	† 98.0	80.8	63.8	† 97.8	91.1	74.1	65.3	24.4	† 6.1
12-19.....	2.0	72.7	49.9	30.9	92.4	78.1	61.8	39.9	14.4	6.4
20-39.....	6.3	66.4	35.8	23.5	89.2	75.4	63.7	48.1	20.9	8.9
40-59.....	6.7	70.4	40.9	21.3	89.5	73.9	56.9	46.8	17.4	6.9
60 and over.....	2.6	73.5	44.2	20.6	90.4	74.7	57.1	47.4	14.7	3.2
20 and over.....	15.6	69.3	39.4	22.0	89.5	74.6	59.7	47.4	18.3	7.1
Females:										
6-11.....	1.3	91.4	72.0	52.9	89.1	76.3	63.3	46.0	15.6	† 2.2
12-19.....	1.8	62.8	33.3	15.4	73.7	49.8	31.5	18.5	† .5	† 0.0
20-39.....	5.6	56.6	30.2	14.2	71.4	50.1	32.1	27.0	6.4	† 2.0
40-59.....	6.7	58.0	27.5	11.3	70.5	48.3	28.8	25.8	5.0	† 1.0
60 and over.....	2.5	65.3	32.8	15.2	71.7	49.4	31.9	25.7	5.7	† 1.1
20 and over.....	14.9	58.7	29.4	13.1	71.0	49.2	30.5	26.2	5.7	1.4
All individuals.....	39.1	68.5	41.3	24.4	82.7	65.7	49.6	38.3	12.4	4.2
All incomes.....	100.0	66.8	41.2	25.8	82.8	66.2	50.2	34.9	11.4	3.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	62.5	21.5	5.5	96.7	80.7	57.4	48.1	19.5	5.3
3-5.....	1.5	73.4	26.2	6.5	93.2	64.7	38.4	62.6	24.4	9.5
5 and under ‡ .....	2.9	69.5	25.1	6.3	94.7	70.8	45.3	60.2	28.2	12.2
Males:										
6-11.....	1.0	82.7	38.1	14.7	72.7	27.0	10.3	75.2	40.1	16.9
12-19.....	1.5	68.3	28.8	7.9	31.1	† 5.0	† .4	79.0	41.6	18.8
20-39.....	2.4	82.2	59.2	35.9	39.3	18.5	† 2.8	86.0	62.2	41.8
40-59.....	1.0	88.4	52.0	23.6	25.7	7.0	† 2.5	83.0	47.3	20.9
60 and over.....	0.9	68.5	28.2	10.7	14.1	† 2.8	† 1.2	67.2	32.6	15.2
20 and over.....	4.3	80.9	51.4	28.0	31.1	12.7	2.4	81.5	52.8	31.6
Females:										
6-11.....	1.2	70.8	21.7	† 6.2	66.5	22.4	7.5	55.8	20.0	† 4.3
12-19.....	1.4	33.5	6.5	† 1.9	16.8	† 3.0	† .6	27.4	8.4	† 2.6
20-39.....	3.4	54.8	15.1	5.2	18.4	† 2.5	† .6	22.6	4.6	† 1.6
40-59.....	1.4	60.5	20.8	6.9	20.5	† 1.3	† 0.0	31.5	12.3	† 3.7
60 and over.....	2.1	53.3	13.3	† 1.7	12.6	† 1.1	† 0.0	47.5	19.1	8.1
20 and over.....	6.9	55.5	15.7	4.5	17.0	1.8	† .3	31.9	10.5	4.0
All individuals.....	19.2	65.0	27.0	10.8	38.9	17.5	8.5	54.4	27.1	13.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	65.5	19.9	3.7	† 97.9	86.8	63.3	44.2	16.4	4.6
3-5.....	2.0	72.2	21.0	4.2	92.9	67.4	36.3	63.9	22.6	7.5
5 and under ‡ .....	3.8	69.9	21.7	4.9	94.3	72.3	45.2	61.2	27.0	10.7
Males:										
6-11.....	2.3	82.0	44.8	15.3	74.5	39.3	15.1	78.2	36.7	17.7
12-19.....	2.3	71.1	31.0	12.8	30.9	6.8	† 1.4	85.0	44.0	23.7
20-39.....	6.9	85.0	57.3	30.4	35.6	8.7	† 1.7	86.8	56.4	33.0
40-59.....	3.8	87.1	60.7	32.2	35.3	5.2	† .6	82.2	49.2	28.2
60 and over.....	3.3	84.6	47.7	19.5	22.8	2.6	† 1.1	81.1	49.7	23.3
20 and over.....	14.0	85.5	56.0	28.3	32.5	6.3	1.0	84.2	52.9	29.4
Females:										
6-11.....	1.9	72.4	26.8	8.6	65.9	20.0	6.4	62.7	25.5	9.0
12-19.....	2.4	33.7	6.8	† .5	16.2	† 1.9	† .3	25.5	5.1	† 2.1
20-39.....	6.7	60.7	19.2	4.8	21.0	2.3	† .3	25.1	8.6	† 2.1
40-59.....	4.0	66.9	21.9	4.5	22.7	2.4	† 0.0	31.7	10.3	3.9
60 and over.....	4.4	63.5	18.7	4.1	22.6	2.8	† .1	59.7	24.2	8.4
20 and over.....	15.1	63.1	19.8	4.5	21.9	2.5	† .2	36.9	13.6	4.4
All individuals.....	41.7	71.4	33.7	13.5	37.1	13.1	5.7	60.4	31.0	15.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	66.4	16.5	† 4.0	† 96.4	86.5	61.3	38.3	17.6	6.8
3-5.....	1.2	66.2	22.7	5.3	91.7	67.6	37.5	57.0	17.8	† 3.4
5 and under ‡ .....	2.3	67.0	21.1	5.5	93.7	74.3	46.9	53.4	23.2	9.9
Males:										
6-11.....	1.3	83.6	50.5	13.3	81.4	45.3	15.5	86.6	42.6	19.0
12-19.....	2.0	78.3	32.9	14.9	38.3	7.8	† 2.7	83.9	46.3	24.0
20-39.....	6.3	88.0	62.4	33.5	35.4	8.2	† 1.3	89.9	61.0	31.7
40-59.....	6.7	91.1	64.9	34.6	38.8	6.8	† .9	86.9	60.1	33.8
60 and over.....	2.6	92.0	58.4	27.4	34.4	5.5	† .5	87.9	56.9	29.7
20 and over.....	15.6	90.0	62.8	32.9	36.7	7.1	1.0	88.3	59.9	32.3
Females:										
6-11.....	1.3	72.0	31.7	10.7	70.4	33.3	9.0	62.9	26.4	13.4
12-19.....	1.8	33.6	† 5.6	† 0.0	20.5	† 1.8	† .4	30.3	7.7	† 2.3
20-39.....	5.6	69.7	24.4	6.6	28.9	4.4	† .9	30.1	10.3	† 2.9
40-59.....	6.7	72.3	25.4	6.7	30.2	3.8	† .3	40.1	14.5	5.3
60 and over.....	2.5	70.0	29.5	6.0	32.5	4.4	† 1.4	68.4	29.8	8.8
20 and over.....	14.9	70.9	25.7	6.6	30.1	4.1	† .7	41.1	15.5	5.0
All individuals.....	39.1	77.5	40.7	17.5	39.5	11.9	4.4	64.5	36.1	17.7
All Incomes.....	100.0	72.6	35.2	14.6	38.4	13.5	5.7	60.9	32.3	15.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	20.3	3.5	† 1.1
3-5.....	1.5	30.9	8.8	† 1.6
5 and under ‡ .....	2.9	32.2	9.5	2.5
Males:				
6-11.....	1.0	40.8	10.8	† 3.7
12-19.....	1.5	33.8	7.4	† 3.6
20-39.....	2.4	44.1	18.3	11.6
40-59.....	1.0	22.9	5.2	† 2.0
60 and over.....	0.9	9.6	† 1.9	† .7
20 and over.....	4.3	32.3	12.0	7.2
Females:				
6-11.....	1.2	34.8	9.6	† 1.4
12-19.....	1.4	26.7	† 6.2	† 1.4
20-39.....	3.4	20.5	† 2.9	† 1.1
40-59.....	1.4	18.8	4.7	† 1.2
60 and over.....	2.1	9.4	† 2.6	† .4
20 and over.....	6.9	16.8	3.2	† .9
All individuals.....	19.2	27.0	7.5	3.0
131-350% poverty:				
Males and females:				
1-2.....	1.2	13.3	† 1.9	† .7
3-5.....	2.0	26.1	3.1	† .7
5 and under ‡ .....	3.8	28.8	5.8	1.8
Males:				
6-11.....	2.3	45.9	12.8	5.1
12-19.....	2.3	34.0	11.1	† 4.3
20-39.....	6.9	40.8	11.4	3.6
40-59.....	3.8	30.8	8.4	† 2.0
60 and over.....	3.3	18.7	3.5	† .8
20 and over.....	14.0	32.8	8.8	2.5
Females:				
6-11.....	1.9	30.0	6.9	† 1.3
12-19.....	2.4	21.7	5.2	† .7
20-39.....	6.7	19.4	4.0	† .8
40-59.....	4.0	16.6	† 1.9	† .4
60 and over.....	4.4	13.1	2.1	† .8
20 and over.....	15.1	16.8	2.9	.7
All individuals.....	41.7	26.7	6.4	1.9

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.



Table 3B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	11.5	† 2.5	† 0.0
3-5.....	1.2	17.4	† 1.0	† .2
5 and under ‡ .....	2.3	20.8	3.3	† .6
Males:				
6-11.....	1.3	47.6	14.8	† 1.9
12-19.....	2.0	36.2	9.7	† 4.0
20-39.....	6.3	35.0	7.6	2.7
40-59.....	6.7	32.7	6.7	† 1.0
60 and over.....	2.6	23.8	4.9	2.6
20 and over.....	15.6	32.1	6.7	2.0
Females:				
6-11.....	1.3	27.1	† 6.4	† 2.6
12-19.....	1.8	24.3	† 2.6	† .4
20-39.....	5.6	20.8	4.7	† 1.8
40-59.....	6.7	17.5	3.6	† 1.5
60 and over.....	2.5	15.1	† 1.8	† .6
20 and over.....	14.9	18.4	3.7	1.5
All individuals.....	39.1	26.4	5.6	1.7
All incomes.....	100.0	26.7	6.3	2.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	Percent	----- Percent of kilocalories -----						
Under 131% poverty:								
Males and females:								
1-2.....	1.0	15.7	33.9	13.9	12.3	5.1	51.6	† *
3-5.....	1.5	15.0	34.0	13.0	12.8	5.6	52.3	*
5 and under ‡ .....	2.9	14.7	34.8	13.8	12.6	5.8	51.7	*
Males:								
6-11.....	1.05	14.2	34.0	12.4	13.3	5.8	53.0	† *
12-19.....	1.47	14.5	34.8	12.0	13.7	6.5	51.1	† .6
20-39.....	2.4	16.0	33.6	11.6	13.0	6.3	48.4	2.8
40-59.....	1.0	16.3	33.7	11.3	13.2	6.5	48.7	2.2
60 and over.....	0.9	17.3	34.0	11.7	13.1	6.3	49.2	.9
20 and over.....	4.3	16.3	33.7	11.6	13.0	6.4	48.6	2.3
Females:								
6-11.....	1.3	14.9	33.9	12.7	13.0	5.7	52.3	*
12-19.....	1.4	14.0	33.5	12.0	13.0	6.0	53.5	† .3
20-39.....	3.4	15.5	33.0	11.3	12.7	6.5	51.7	.9
40-59.....	1.3	16.1	34.1	11.5	12.8	7.0	50.5	.5
60 and over.....	2.2	16.8	31.8	10.5	12.1	6.6	53.1	† .1
20 and over.....	6.9	16.0	32.8	11.1	12.5	6.6	51.9	.5
All individuals.....	19.2	15.5	33.7	11.9	12.8	6.3	51.3	.8
131-350% poverty:								
Males and females:								
1-2.....	1.3	14.8	32.3	13.1	11.9	4.9	54.3	*
3-5.....	2.0	13.8	32.0	12.0	12.3	5.4	55.8	*
5 and under ‡ .....	3.8	13.6	33.1	13.0	12.1	5.6	54.7	*
Males:								
6-11.....	2.3	14.3	32.4	12.0	12.5	5.5	54.8	*
12-19.....	2.4	14.7	33.3	11.9	13.0	5.8	52.8	† .5
20-39.....	6.9	15.5	33.5	11.3	13.1	6.4	49.3	2.6
40-59.....	3.9	15.8	33.8	11.2	13.2	6.7	48.7	2.7
60 and over.....	3.2	16.2	33.2	11.0	12.8	6.6	50.6	1.7
20 and over.....	14.0	15.8	33.5	11.2	13.1	6.5	49.4	2.5
Females:								
6-11.....	1.8	13.9	33.2	12.2	12.9	5.7	54.3	*
12-19.....	2.4	14.1	32.4	11.4	12.3	6.2	54.8	† .1
20-39.....	6.8	14.9	32.3	10.9	12.4	6.5	52.7	1.5
40-59.....	3.9	15.8	33.9	11.4	12.6	7.2	51.0	.9
60 and over.....	4.3	16.7	32.7	10.7	12.5	6.8	52.0	.6
20 and over.....	15.1	15.7	32.8	11.0	12.5	6.8	52.1	1.0
All individuals.....	41.8	15.2	33.1	11.4	12.7	6.4	51.9	1.2

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 4.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
Over 350% poverty:								
Males and females:								
1-2.....	0.8	14.6	30.0	12.7	10.7	4.4	57.1	† *
3-5.....	1.2	13.8	31.0	11.7	11.9	5.1	56.9	*
5 and under ‡ .....	2.3	13.6	31.6	12.7	11.4	5.3	56.3	*
Males:								
6-11.....	1.3	13.4	31.6	11.7	12.2	5.4	56.5	† *
12-19.....	2.0	14.0	31.7	11.3	12.4	5.6	55.1	† .3
20-39.....	6.2	15.6	32.8	11.2	12.5	6.5	49.5	3.2
40-59.....	6.7	16.3	33.1	10.8	12.8	6.9	49.2	2.7
60 and over.....	2.7	16.5	33.1	10.8	12.6	7.1	49.9	2.3
20 and over.....	15.6	16.0	33.0	11.0	12.6	6.8	49.4	2.9
Females:								
6-11.....	1.3	13.2	30.5	10.9	11.7	5.6	58.2	† *
12-19.....	1.8	13.9	30.8	10.8	11.9	5.7	56.6	† .2
20-39.....	5.5	15.5	31.4	10.6	11.8	6.7	52.2	2.4
40-59.....	6.8	16.0	32.2	10.3	12.2	7.2	51.4	2.0
60 and over.....	2.5	16.8	30.9	9.7	11.4	7.1	52.3	2.2
20 and over.....	14.8	16.0	31.7	10.3	11.9	7.0	51.8	2.2
All individuals.....	39.0	15.5	32.1	10.8	12.2	6.6	51.9	2.0
All incomes.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	Percent	-----Percent of individuals-----		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	24.5	14.4	76.5
3-5.....	1.5	21.4	12.5	80.9
5 and under ‡ .....	2.9	20.3	12.0	81.2
Males:				
6-11.....	1.0	22.2	21.4	72.8
12-19.....	1.5	27.5	27.2	43.9
20-39.....	2.4	28.2	27.9	39.6
40-59.....	1.0	30.8	32.8	48.2
60 and over.....	0.9	34.1	37.1	58.3
20 and over.....	4.3	30.0	30.9	45.4
Females:				
6-11.....	1.2	25.9	14.2	74.1
12-19.....	1.4	29.6	28.8	72.3
20-39.....	3.4	32.6	38.3	71.7
40-59.....	1.4	26.5	37.3	67.0
60 and over.....	2.1	41.3	48.2	80.0
20 and over.....	6.9	34.0	41.1	73.3
All individuals.....	19.2	29.1	29.7	65.8
131-350% poverty:				
Males and females:				
1-2.....	1.2	36.1	19.1	86.3
3-5.....	2.0	33.8	25.5	88.9
5 and under ‡ .....	3.8	31.2	20.3	89.2
Males:				
6-11.....	2.3	33.5	26.2	81.8
12-19.....	2.3	28.0	23.4	63.7
20-39.....	6.9	27.8	32.1	52.4
40-59.....	3.8	26.5	30.0	51.3
60 and over.....	3.3	32.9	41.5	61.4
20 and over.....	14.0	28.6	33.7	54.2
Females:				
6-11.....	1.9	31.5	22.8	86.7
12-19.....	2.4	33.8	32.4	81.3
20-39.....	6.7	37.9	40.0	78.5
40-59.....	4.0	31.8	38.6	78.9
60 and over.....	4.4	36.8	43.1	82.0
20 and over.....	15.1	36.0	40.5	79.6
All individuals.....	41.7	32.2	33.4	71.6

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 5.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	Percent	-----Percent of individuals-----		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	46.8	22.7	92.8
3-5.....	1.2	43.8	31.5	93.2
5 and under ‡ .....	2.3	41.6	25.4	93.7
Males:				
6-11.....	1.3	31.2	25.3	83.1
12-19.....	2.0	35.1	32.5	55.6
20-39.....	6.3	29.8	34.3	58.4
40-59.....	6.7	27.9	34.9	56.1
60 and over.....	2.6	35.7	43.9	65.4
20 and over.....	15.6	30.0	36.2	58.6
Females:				
6-11.....	1.3	44.5	31.8	† 93.7
12-19.....	1.8	42.2	38.7	87.1
20-39.....	5.6	40.7	43.4	84.6
40-59.....	6.7	35.2	44.5	79.8
60 and over.....	2.5	45.4	53.1	82.9
20 and over.....	14.9	39.0	45.5	82.1
All individuals.....	39.1	35.4	38.5	72.7
All Incomes.....	100.0	32.9	34.7	70.9

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6A.—Grain products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
Percent		Grams									
Under 131% poverty:											
Males and females:											
1-2.....	1.0	211	22	61	14	20	9	10	14	5	99
3-5.....	1.5	280	33	77	23	21	8	17	19	9	125
5 and under ‡ .....	2.9	227	25	65	17	18	8	12	15	6	103
Males:											
6-11.....	1.1	322	51	90	26	35	† 8	23	31	† 15	112
12-19.....	1.5	402	52	85	19	42	† 7	31	42	14	177
20-39.....	2.4	450	64	91	13	49	† 19	38	42	19	197
40-59.....	1.0	379	57	100	† 7	60	† 19	31	34	9	148
60 and over.....	0.9	254	51	100	12	21	† 15	24	31	4	45
20 and over.....	4.3	393	60	95	11	46	18	33	38	13	154
Females:											
6-11.....	1.3	254	40	52	18	19	† 3	21	29	8	104
12-19.....	1.4	321	38	81	18	19	† 30	17	25	10	151
20-39.....	3.4	269	39	72	12	38	13	16	26	7	108
40-59.....	1.3	240	44	72	7	33	11	24	20	9	70
60 and over.....	2.2	215	41	71	12	15	† 8	17	26	5	55
20 and over.....	6.9	246	41	72	11	30	11	18	25	7	84
All individuals.....	19.2	299	44	77	14	32	13	22	28	10	117
131-350% poverty:											
Males and females:											
1-2.....	1.3	217	22	60	14	10	14	12	20	8	95
3-5.....	2.0	252	36	65	22	12	10	12	30	11	98
5 and under ‡ .....	3.8	216	27	59	17	10	10	10	23	9	87
Males:											
6-11.....	2.3	290	42	73	33	7	21	17	43	13	101
12-19.....	2.4	401	52	79	32	21	† 15	25	41	20	184
20-39.....	6.9	395	62	81	14	32	25	22	40	16	173
40-59.....	3.9	325	58	87	15	36	19	31	43	12	95
60 and over.....	3.2	304	60	102	18	27	16	20	46	8	68
20 and over.....	14.0	355	60	88	15	32	21	24	42	13	127
Females:											
6-11.....	1.8	286	46	56	21	† 10	14	19	40	13	112
12-19.....	2.4	282	41	61	16	21	13	16	32	13	118
20-39.....	6.9	260	39	54	12	16	15	16	33	11	106
40-59.....	3.9	238	43	65	11	21	14	19	35	8	68
60 and over.....	4.3	230	48	67	14	11	12	14	38	7	55
20 and over.....	15.1	245	43	61	12	16	14	16	35	9	82
All individuals.....	41.8	294	48	71	16	21	16	19	37	12	108

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 6A.—Grain products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<div>Percent ----- Grams -----</div>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	183	20	57	12	12	11	10	20	9	68
3-5.....	1.2	227	35	53	16	11	14	16	35	12	76
5 and under ‡ .....	2.3	190	26	51	13	10	11	12	26	10	65
Males:											
6-11.....	1.3	331	47	87	35	17	† 18	22	46	18	110
12-19.....	2.0	414	58	83	32	22	26	24	65	23	162
20-39.....	6.2	385	60	89	17	37	27	17	45	17	157
40-59.....	6.7	345	68	88	16	22	32	24	50	14	101
60 and over.....	2.7	310	67	85	21	13	18	21	50	12	75
20 and over.....	15.6	355	65	88	17	26	28	21	48	15	119
Females:											
6-11.....	1.3	280	42	78	21	† 13	28	20	54	18	68
12-19.....	1.8	327	41	65	18	† 14	26	12	51	22	137
20-39.....	5.5	287	49	70	14	26	21	14	35	15	105
40-59.....	6.8	268	52	62	13	19	15	16	39	12	87
60 and over.....	2.5	242	51	61	14	14	15	16	44	8	62
20 and over.....	14.8	270	51	65	14	21	17	15	38	12	90
All individuals.....	39.0	312	54	75	17	22	22	18	44	15	106
All Incomes.....	100	302	50	74	16	23	18	19	38	12	109

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6B.--Grain products: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	96.9	51.6	67.5	47.4	17.9	7.0	27.3	35.6	27.2	45.8
3-5.....	1.5	† 99.3	58.3	68.5	52.0	15.7	5.2	32.3	39.9	26.8	46.7
5 and under ‡ .....	2.9	94.5	50.3	67.2	44.3	15.0	5.5	27.0	35.5	24.6	42.2
Males:											
6-11.....	1.1	† 97.9	67.9	61.3	44.4	19.9	† 4.5	30.3	42.8	22.0	43.3
12-19.....	1.5	† 96.7	61.5	44.5	28.0	12.5	† 2.3	25.5	34.1	18.8	45.1
20-39.....	2.4	95.0	59.4	34.6	15.1	14.5	† 5.9	26.3	32.5	25.4	38.7
40-59.....	1.0	95.9	59.6	36.2	10.0	18.8	† 5.8	30.9	27.3	14.5	33.3
60 and over.....	0.9	96.3	70.1	51.9	24.2	10.5	† 4.0	24.5	33.4	14.5	15.0
20 and over.....	4.3	95.5	61.7	38.5	15.8	14.7	5.5	27.0	31.5	20.7	32.6
Females:											
6-11.....	1.3	† 98.5	68.1	57.8	42.7	15.0	† 2.0	29.4	44.0	22.0	48.7
12-19.....	1.4	† 95.9	55.8	45.6	27.6	9.9	8.5	23.0	30.4	17.6	43.2
20-39.....	3.4	94.7	58.4	41.7	20.7	16.7	4.9	22.7	26.8	19.0	35.2
40-59.....	1.3	95.5	63.3	39.8	15.0	16.9	4.5	29.0	26.7	22.6	26.0
60 and over.....	2.2	† 97.9	68.2	53.8	29.5	7.8	3.7	25.6	33.9	19.2	20.0
20 and over.....	6.9	95.8	62.4	45.1	22.4	14.0	4.4	24.8	29.0	19.8	28.7
All individuals.....	19.2	95.9	60.6	48.6	27.5	14.3	4.8	26.1	32.8	20.7	36.0
131-350% poverty:											
Males and females:											
1-2.....	1.3	† 99.2	54.7	72.7	51.6	9.9	11.8	24.7	46.4	36.1	46.6
3-5.....	2.0	† 99.6	67.1	70.9	55.6	9.2	6.5	21.7	54.6	36.0	48.9
5 and under ‡ .....	3.8	95.5	55.2	70.3	47.9	8.6	7.6	20.0	46.6	32.5	44.2
Males:											
6-11.....	2.3	† 99.0	65.9	66.3	55.9	5.7	9.4	22.9	53.5	37.4	45.8
12-19.....	2.4	† 98.3	62.7	44.4	35.1	9.1	† 5.6	24.6	39.7	27.3	43.8
20-39.....	6.9	95.9	65.1	33.9	18.1	12.2	6.9	20.8	34.4	24.9	40.9
40-59.....	3.9	94.8	65.6	39.3	19.6	14.2	6.1	24.9	36.4	23.1	26.7
60 and over.....	3.2	† 98.6	75.6	56.0	33.3	10.1	6.3	23.7	43.9	21.3	20.8
20 and over.....	14.0	96.2	67.7	40.5	22.0	12.2	6.5	22.6	37.2	23.6	32.4
Females:											
6-11.....	1.8	† 99.4	72.5	59.2	47.4	5.5	9.2	24.2	55.8	38.5	47.4
12-19.....	2.4	† 97.6	63.1	45.6	30.1	8.2	8.8	18.7	40.7	30.6	45.3
20-39.....	6.9	95.2	58.4	36.4	19.9	9.7	7.6	20.6	39.0	27.1	40.6
40-59.....	3.9	96.2	64.7	38.2	18.9	9.9	7.3	24.7	36.2	22.7	26.1
60 and over.....	4.3	98.1	73.9	50.8	30.6	6.5	5.4	19.3	47.1	26.4	19.2
20 and over.....	15.1	96.3	64.4	41.0	22.7	8.9	6.9	21.3	40.6	25.8	30.7
All individuals.....	41.8	96.7	65.0	46.1	28.8	9.6	7.1	21.9	41.3	27.2	35.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 6B.—Grain products: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent ----- Percent -----</i>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	† 99.4	52.2	76.8	51.3	13.0	10.8	24.5	55.9	45.2	49.6
3-5.....	1.2	† 100.0	71.1	63.2	47.3	9.4	10.5	32.5	59.3	41.3	46.0
5 and under ‡ .....	2.3	97.2	57.6	68.9	45.3	9.6	9.5	26.6	53.5	38.2	43.4
Males:											
6-11.....	1.3	† 99.3	73.0	65.5	55.9	9.6	8.1	28.3	57.4	37.0	44.3
12-19.....	2.0	† 99.2	63.7	44.9	35.0	9.2	8.9	23.5	48.5	33.3	49.5
20-39.....	6.2	95.5	67.2	38.7	21.2	12.0	9.1	18.6	37.0	28.8	40.6
40-59.....	6.7	97.9	72.3	42.6	22.6	11.2	10.3	23.2	44.3	28.2	31.7
60 and over.....	2.7	97.8	81.6	54.8	36.2	7.9	7.4	22.0	49.8	31.8	21.9
20 and over.....	15.6	96.9	71.9	43.1	24.4	11.0	9.3	21.1	42.3	29.0	33.6
Females:											
6-11.....	1.3	† 100.0	70.9	60.4	44.9	9.9	9.9	28.6	63.8	44.8	39.7
12-19.....	1.8	† 98.9	61.5	46.4	32.4	8.2	10.5	19.0	48.5	41.4	49.4
20-39.....	5.5	97.4	69.9	43.6	25.1	13.0	9.2	19.4	41.2	33.3	39.2
40-59.....	6.8	98.0	72.4	42.6	22.7	11.8	8.2	21.5	43.6	30.5	32.3
60 and over.....	2.5	† 99.4	79.5	51.9	34.6	9.4	7.5	22.8	50.5	29.9	22.4
20 and over.....	14.8	98.0	72.7	44.6	25.6	11.9	8.5	20.9	43.9	31.4	33.2
All individuals.....	39.0	97.7	70.5	46.7	28.7	10.9	9.0	21.9	45.4	32.1	36.1
All Incomes.....	100	96.9	66.3	46.8	28.5	11.0	7.4	22.7	41.2	27.8	35.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 7A.—Vegetables: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent			Grams								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	87	33	17	4	† 5	10	1	5	12	18
3-5.....	1.5	96	42	21	† 3	4	8	3	7	13	17
5 and under ‡ .....	2.9	88	34	17	3	6	8	2	7	11	17
Males:											
6-11.....	1.1	95	38	28	† 1	† 2	12	7	4	7	24
12-19.....	1.5	192	96	53	† 8	† 6	21	11	† 7	† 12	31
20-39.....	2.4	224	97	50	† 15	4	38	12	6	6	46
40-59.....	1.0	228	64	22	6	† 5	36	9	† 17	31	60
60 and over.....	0.9	216	61	9	16	11	36	9	16	11	57
20 and over.....	4.3	223	82	35	† 13	5	37	11	11	13	51
Females:											
6-11.....	1.3	111	50	30	† 4	† 2	11	† 8	† 8	10	18
12-19.....	1.4	134	66	38	† 5	† 2	16	8	† 4	† 11	23
20-39.....	3.4	154	53	22	7	6	27	11	8	9	33
40-59.....	1.3	179	46	13	14	9	24	12	6	11	56
60 and over.....	2.2	187	48	7	21	8	22	9	13	13	55
20 and over.....	6.9	169	50	15	13	7	25	10	9	11	44
All individuals.....	19.2	161	59	26	9	5	23	9	8	11	36
131-350% poverty:											
Males and females:											
1-2.....	1.3	82	27	12	5	6	10	1	8	8	16
3-5.....	2.0	91	37	19	5	4	13	2	5	10	14
5 and under ‡ .....	3.8	83	29	14	4	7	11	2	6	9	15
Males:											
6-11.....	2.3	130	61	27	7	5	16	4	6	15	15
12-19.....	2.4	181	87	42	† 7	9	30	14	† 3	12	20
20-39.....	6.9	238	88	39	11	5	40	17	7	18	52
40-59.....	3.9	228	74	28	14	10	36	17	8	18	51
60 and over.....	3.2	249	66	15	15	14	34	14	12	16	78
20 and over.....	14.0	238	79	30	13	9	37	17	8	17	57
Females:											
6-11.....	1.8	124	45	23	† 7	4	14	7	† 7	14	26
12-19.....	2.4	154	71	33	7	4	19	13	† 5	7	27
20-39.....	6.9	187	66	26	12	8	27	16	8	13	38
40-59.....	3.9	188	48	15	15	11	25	19	6	9	56
60 and over.....	4.3	214	49	7	14	11	30	14	10	13	73
20 and over.....	15.1	195	56	18	13	10	27	16	8	12	52
All individuals.....	41.8	189	64	25	11	8	28	14	7	13	44

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 7A.—Vegetables: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent		Grams									
Over 350% poverty:											
Males and females:											
1-2.....	0.8	75	22	8	4	8	5	1	10	8	15
3-5.....	1.2	78	27	14	4	6	13	3	2	8	14
5 and under ‡ .....	2.3	73	22	10	4	7	9	2	6	8	15
Males:											
6-11.....	1.3	99	40	28	† 2	6	19	6	† 2	9	† 15
12-19.....	2.0	160	76	38	† 3	† 2	30	11	† 2	† 8	27
20-39.....	6.2	230	83	39	15	8	36	21	8	13	47
40-59.....	6.7	265	79	25	17	9	42	23	9	21	65
60 and over.....	2.7	272	74	19	19	15	41	22	14	18	71
20 and over.....	15.6	252	79	30	16	10	39	22	10	17	58
Females:											
6-11.....	1.3	112	33	24	† 4	7	17	7	† 3	14	27
12-19.....	1.8	140	44	23	† 13	7	18	15	† 2	7	34
20-39.....	5.5	186	41	16	16	13	33	20	6	11	46
40-59.....	6.8	209	49	14	15	13	30	23	7	12	59
60 and over.....	2.5	219	45	9	22	12	36	19	9	10	66
20 and over.....	14.8	202	46	14	17	13	32	21	7	11	55
All individuals.....	39.0	203	59	22	14	10	32	19	7	13	50
All incomes.....	100	189	61	24	12	8	28	15	7	13	45

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 7B.--Vegetables: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i> ----- <i>Percent</i> -----											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	74.3	45.5	32.1	6.1	6.9	26.0	5.2	9.1	15.2	21.4
3-5.....	1.5	81.2	46.2	33.6	4.6	6.7	31.7	11.6	11.8	17.6	26.7
5 and under ‡ .....	2.9	74.4	41.8	29.5	4.7	8.0	25.8	7.9	10.7	15.2	23.8
Males:											
6-11.....	1.1	81.0	44.0	37.8	† 2.8	† 8.3	44.8	17.2	7.6	9.8	38.8
12-19.....	1.5	80.6	52.6	42.3	† 4.5	† 5.3	42.6	23.6	† 6.5	† 8.2	32.7
20-39.....	2.4	80.4	50.0	36.9	† 8.3	5.5	47.5	21.1	4.3	4.7	44.2
40-59.....	1.0	79.2	33.1	17.9	† 3.1	† 6.0	39.9	19.7	7.4	14.1	49.5
60 and over.....	0.9	77.2	36.9	9.5	12.9	9.6	30.9	14.0	13.4	11.2	36.3
20 and over.....	4.3	79.5	43.5	26.9	8.1	6.5	42.3	19.3	6.9	8.2	43.8
Females:											
6-11.....	1.3	81.3	55.2	40.3	† 4.7	6.9	36.1	16.3	11.7	12.7	27.2
12-19.....	1.4	76.0	48.9	37.3	† 3.2	† 5.2	35.4	18.6	† 3.3	8.9	34.3
20-39.....	3.4	78.2	40.9	26.1	6.7	8.8	38.3	20.0	7.7	9.0	35.0
40-59.....	1.3	77.6	34.2	15.6	9.3	10.0	36.5	24.4	6.0	12.3	43.7
60 and over.....	2.2	80.6	34.6	6.7	13.3	8.7	28.9	15.9	15.1	13.8	41.3
20 and over.....	6.9	78.8	37.6	18.0	9.3	9.0	35.0	19.6	9.7	11.1	38.6
All individuals.....	19.2	78.5	43.0	27.5	6.9	7.6	36.5	17.7	8.5	10.7	36.1
131-350% poverty:											
Males and females:											
1-2.....	1.3	75.1	41.1	26.7	7.3	11.5	23.6	5.5	13.4	14.7	20.3
3-5.....	2.0	80.7	51.2	37.2	6.8	9.2	33.9	8.9	10.9	15.9	23.1
5 and under ‡ .....	3.8	74.2	42.1	29.2	6.3	11.6	26.0	6.6	11.6	14.0	20.8
Males:											
6-11.....	2.3	79.6	52.0	37.6	8.4	11.1	33.2	12.5	8.0	17.4	26.9
12-19.....	2.4	77.1	46.4	36.7	4.7	11.5	44.5	23.7	† 2.8	7.8	31.7
20-39.....	6.9	88.6	51.5	35.8	8.2	8.3	42.9	24.7	5.0	10.7	46.0
40-59.....	3.9	83.3	43.3	25.6	9.6	11.9	36.5	23.7	7.2	14.0	44.7
60 and over.....	3.2	84.3	44.3	16.8	11.1	18.5	37.3	23.7	11.3	13.8	52.0
20 and over.....	14.0	86.2	47.6	28.6	9.3	11.6	39.9	24.2	7.1	12.3	47.0
Females:											
6-11.....	1.8	80.9	51.5	39.3	5.7	12.1	30.9	18.4	7.6	16.2	31.4
12-19.....	2.4	84.5	51.9	37.0	7.9	10.8	36.6	26.4	† 6.3	7.5	33.8
20-39.....	6.9	84.3	48.7	29.4	9.6	12.3	39.3	26.4	8.0	10.7	40.6
40-59.....	3.9	83.9	41.0	19.4	13.3	15.6	34.5	29.4	7.6	11.2	47.3
60 and over.....	4.3	86.3	40.6	10.6	12.2	16.1	36.1	27.6	11.4	14.4	54.4
20 and over.....	15.1	84.7	44.4	21.4	11.3	14.2	37.1	27.5	8.8	11.9	46.3
All individuals.....	41.8	83.4	46.5	28.0	9.2	12.5	36.9	23.0	7.9	12.2	41.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 7B.--Vegetables: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent			Percent								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	77.4	37.7	23.2	8.6	17.2	21.0	6.3	17.7	20.0	23.2
3-5.....	1.2	74.2	41.3	31.7	6.0	13.8	34.0	11.4	5.8	11.4	27.0
5 and under ‡ .....	2.3	71.6	36.7	25.2	7.0	15.7	25.6	8.3	10.6	14.8	24.7
Males:											
6-11.....	1.3	78.3	46.9	40.3	† 4.6	16.7	41.1	14.9	† 4.0	11.2	28.7
12-19.....	2.0	77.8	51.2	38.3	† 1.5	6.0	41.6	24.1	† 2.1	6.4	35.6
20-39.....	6.2	85.2	47.9	33.0	10.8	12.0	43.2	30.8	6.1	9.3	46.8
40-59.....	6.7	90.0	46.6	25.3	13.0	15.0	44.8	34.6	7.8	14.7	53.9
60 and over.....	2.7	90.1	46.5	19.4	15.2	20.6	45.3	36.2	11.1	15.3	58.9
20 and over.....	15.6	88.1	47.1	27.3	12.5	14.8	44.2	33.3	7.7	12.6	51.9
Females:											
6-11.....	1.3	83.9	42.1	35.2	† 6.1	17.4	34.5	17.1	† 4.2	17.3	31.3
12-19.....	1.8	75.4	37.1	29.2	8.5	14.4	33.6	28.1	† 2.7	6.0	35.5
20-39.....	5.5	81.4	34.7	20.4	12.8	18.1	43.3	33.2	6.1	10.5	48.1
40-59.....	6.8	85.7	39.9	20.3	14.5	18.4	42.1	33.7	7.8	10.9	51.4
60 and over.....	2.5	89.9	39.4	16.2	20.3	19.7	48.4	38.4	8.9	12.4	61.0
20 and over.....	14.8	84.8	37.9	19.6	14.9	18.5	43.6	34.3	7.3	11.0	51.8
All individuals.....	39.0	84.3	42.6	25.6	11.9	15.9	41.9	30.4	7.0	11.6	47.3
All Incomes.....	100	82.8	44.3	27.0	9.8	12.9	38.8	24.9	7.7	11.7	42.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8A.—Fruits: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	238	60	50	† 1	175	18	17	† 6	21	112
3-5.....	1.5	187	73	56	† 1	113	23	13	† 9	19	49
5 and under ‡ .....	2.9	197	59	47	1	135	20	13	7	20	75
Males:											
6-11.....	1.1	175	68	59	† *	104	24	9	† 9	31	31
12-19.....	1.5	137	76	70	† 2	† 57	† 7	6	† 17	5	22
20-39.....	2.4	146	83	75	† *	62	† 14	7	9	12	† 21
40-59.....	1.0	157	65	53	† 1	90	17	16	† 7	13	† 38
60 and over.....	0.9	126	48	39	† 2	74	8	17	† 16	18	15
20 and over.....	4.3	144	71	63	† 1	71	13	11	10	13	23
Females:											
6-11.....	1.3	174	77	68	† *	95	19	8	† 8	25	35
12-19.....	1.4	123	56	53	† 1	64	† 10	† 7	† 13	15	† 19
20-39.....	3.4	138	70	61	† *	67	7	11	† 15	15	20
40-59.....	1.3	127	52	43	† *	74	12	14	† 22	† 14	12
60 and over.....	2.2	160	67	52	† 2	91	20	17	† 18	20	16
20 and over.....	6.9	143	66	55	† 1	76	12	13	17	17	17
All individuals.....	19.2	153	67	57	1	84	14	11	13	17	30
131-350% poverty:											
Males and females:											
1-2.....	1.3	274	59	52	2	212	26	23	6	19	137
3-5.....	2.0	206	54	47	† 1	148	28	13	9	18	81
5 and under ‡ .....	3.8	218	48	42	1	166	25	16	7	22	97
Males:											
6-11.....	2.3	153	52	44	† *	96	22	11	17	14	32
12-19.....	2.4	161	91	84	† *	68	15	7	† 10	13	23
20-39.....	6.9	148	78	70	† 1	68	13	12	8	14	20
40-59.....	3.9	160	74	63	† *	78	14	18	14	22	† 11
60 and over.....	3.2	193	67	51	2	120	23	28	21	28	19
20 and over.....	14.0	162	74	64	1	83	16	18	13	20	17
Females:											
6-11.....	1.8	141	48	39	*	89	20	6	† 9	20	35
12-19.....	2.4	152	72	67	0	79	9	4	† 16	11	39
20-39.....	6.9	133	52	46	† 1	77	13	13	† 10	12	28
40-59.....	3.9	150	56	43	† 1	92	20	18	† 23	19	12
60 and over.....	4.3	182	71	53	† 1	106	22	26	20	28	11
20 and over.....	15.1	151	59	48	1	89	17	18	16	19	19
All individuals.....	41.8	161	65	55	1	93	17	15	14	18	28

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 8A.—Fruits: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	301	49	46	3	249	30	23	14	31	150
3-5.....	1.2	257	55	50	† 1	199	29	15	† 20	26	109
5 and under ‡ .....	2.3	260	47	43	1	211	29	17	15	33	116
Males:											
6-11.....	1.3	221	87	82	† 1	133	45	† 11	† 10	18	49
12-19.....	2.0	217	134	124	† *	82	13	10	† 8	† 10	41
20-39.....	6.2	162	91	84	† 1	70	14	15	11	15	15
40-59.....	6.7	184	71	59	† 1	111	19	24	26	20	21
60 and over.....	2.7	236	89	69	4	141	28	35	32	34	13
20 and over.....	15.6	184	82	71	2	100	19	22	21	20	17
Females:											
6-11.....	1.3	189	67	58	0	120	25	9	11	25	50
12-19.....	1.8	190	86	78	† 1	104	22	6	† 16	18	42
20-39.....	5.5	135	61	54	† 1	70	16	16	15	13	10
40-59.....	6.8	170	72	60	† 1	96	21	20	25	22	8
60 and over.....	2.5	227	87	63	2	136	28	26	31	36	15
20 and over.....	14.8	167	71	58	1	93	20	19	22	21	10
All individuals.....	39.0	185	78	67	1	105	21	19	20	21	25
All Incomes.....	100	169	70	60	1	96	18	16	16	19	27

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8B.--Fruits: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Percent								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	69.6	29.9	22.2	† 3.0	54.9	15.5	16.6	3.6	18.9	30.7
3-5.....	1.5	65.2	34.4	24.4	3.5	47.4	19.6	12.9	4.5	14.8	15.9
5 and under ‡ .....	2.9	65.7	29.1	21.0	2.9	51.0	17.4	13.3	3.7	17.0	23.1
Males:											
6-11.....	1.1	56.3	26.3	22.0	† .7	44.4	17.4	7.4	† 2.4	22.3	11.9
12-19.....	1.5	41.1	22.8	19.1	† 1.3	22.8	† 4.9	† 5.1	† 2.7	6.0	8.9
20-39.....	2.4	35.7	21.8	17.9	† .7	19.9	7.1	4.2	5.5	7.5	† 4.2
40-59.....	1.0	36.2	19.5	15.4	† 2.1	26.5	8.3	8.3	† 1.8	8.0	7.5
60 and over.....	0.9	48.6	25.2	18.9	3.5	29.7	4.7	14.0	6.2	9.7	5.0
20 and over.....	4.3	38.5	22.0	17.5	1.6	23.4	6.9	7.2	4.8	8.1	5.1
Females:											
6-11.....	1.3	66.3	34.0	29.7	† 1.8	45.9	14.9	7.4	† 4.6	22.8	11.1
12-19.....	1.4	37.6	17.0	14.4	† 2.5	27.0	† 6.3	† 5.2	† 3.7	11.2	5.4
20-39.....	3.4	45.1	24.9	18.5	† .5	27.2	4.2	7.9	5.2	10.5	6.0
40-59.....	1.3	43.3	21.0	15.9	† 1.1	29.3	6.5	10.5	† 7.4	10.1	4.5
60 and over.....	2.2	57.3	33.0	24.7	3.9	40.2	13.7	15.5	7.0	13.7	5.7
20 and over.....	6.9	48.5	26.7	20.0	1.7	31.6	7.6	10.8	6.2	11.4	5.6
All individuals.....	19.2	49.1	25.5	19.9	1.8	33.3	9.6	9.1	4.8	12.4	9.0
131-350% poverty:											
Males and females:											
1-2.....	1.3	77.8	26.1	20.2	5.2	68.3	24.5	23.4	7.1	18.3	40.7
3-5.....	2.0	66.4	24.9	19.8	2.9	55.6	20.6	13.6	6.7	15.9	27.5
5 and under ‡ .....	3.8	69.5	22.1	17.3	3.3	60.4	20.8	16.4	6.2	19.2	33.0
Males:											
6-11.....	2.3	53.5	21.3	17.8	† 1.0	42.2	15.5	8.7	7.2	12.8	10.9
12-19.....	2.4	42.6	22.6	20.2	† .5	27.5	9.7	5.0	† 3.8	8.0	5.6
20-39.....	6.9	39.6	20.5	17.2	† .9	27.0	8.4	9.1	3.4	9.1	5.0
40-59.....	3.9	45.6	24.6	17.5	† 1.0	30.1	9.0	11.9	5.2	11.4	† 3.2
60 and over.....	3.2	64.7	31.1	23.2	3.9	50.2	15.0	26.3	9.8	15.9	6.2
20 and over.....	14.0	47.0	24.1	18.6	1.6	33.2	10.1	13.8	5.4	11.3	4.8
Females:											
6-11.....	1.8	54.4	19.4	13.4	† .9	43.7	15.4	5.9	6.5	14.7	16.5
12-19.....	2.4	44.7	22.3	18.4	† 0.0	28.2	6.8	† 3.5	6.3	9.9	10.3
20-39.....	6.9	45.7	20.2	14.9	† 1.6	32.8	8.9	10.5	6.2	10.4	7.2
40-59.....	3.9	53.7	24.6	17.4	2.4	40.5	13.5	13.5	11.0	12.9	4.0
60 and over.....	4.3	69.6	37.2	28.8	4.4	53.0	14.2	25.2	10.4	20.4	5.5
20 and over.....	15.1	54.6	26.2	19.5	2.6	40.6	11.6	15.5	8.7	13.9	5.9
All individuals.....	41.8	52.1	24.1	18.7	1.9	38.7	11.9	12.9	6.8	12.9	8.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 8B.--Fruits: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Percent								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	89.2	26.2	23.0	8.7	81.8	29.6	25.8	11.3	29.8	51.2
3-5.....	1.2	78.5	28.8	23.9	† 3.2	70.1	25.1	13.6	11.0	24.7	35.3
5 and under ‡ .....	2.3	81.1	24.5	20.8	4.7	74.0	27.3	17.9	10.1	28.8	40.5
Males:											
6-11.....	1.3	60.0	27.5	24.5	† 1.6	46.3	26.4	† 7.6	7.5	13.4	11.5
12-19.....	2.0	49.4	28.8	25.5	† 1.3	29.7	8.9	7.8	† 5.4	6.8	10.6
20-39.....	6.2	44.1	24.9	19.9	† 1.1	27.0	7.5	11.7	5.6	8.7	3.8
40-59.....	6.7	56.7	28.2	21.4	2.2	41.8	11.4	17.2	11.1	14.5	5.9
60 and over.....	2.7	73.4	41.9	30.5	7.2	59.9	18.2	31.5	15.8	22.6	5.0
20 and over.....	15.6	54.5	29.2	22.4	2.6	39.0	11.0	17.5	9.7	13.6	4.9
Females:											
6-11.....	1.3	66.9	31.4	24.0	† 0.0	52.4	18.1	7.4	11.5	19.7	16.9
12-19.....	1.8	52.9	26.8	20.4	† 1.4	35.2	11.6	† 4.9	7.2	13.5	12.0
20-39.....	5.5	49.6	24.3	18.8	† 3.2	33.6	10.9	13.5	7.6	11.4	3.5
40-59.....	6.8	57.9	31.4	22.9	1.9	44.9	14.0	17.7	13.8	16.1	3.5
60 and over.....	2.5	78.3	44.4	31.2	5.2	64.8	20.1	27.7	19.5	25.8	6.2
20 and over.....	14.8	58.3	31.0	22.8	2.9	44.1	13.9	17.8	12.5	16.0	4.0
All individuals.....	39.0	57.8	29.5	22.6	2.6	43.1	13.7	15.9	10.5	15.3	7.9
All Incomes.....	100	53.7	26.5	20.4	2.2	39.3	12.2	13.4	7.8	13.7	8.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 9A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent		Grams								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	478	454	434	321	98	† 4	† 3	14	10
3-5.....	1.5	406	371	340	210	95	† 25	5	22	11
5 and under ‡ .....	2.9	480	454	338	228	86	† 15	4	16	9
Males:										
6-11.....	1.1	429	388	320	183	101	† 11	† 1	28	11
12-19.....	1.5	369	330	272	153	† 87	† 18	† 2	† 18	15
20-39.....	2.4	295	236	202	98	76	† 23	† 2	† 34	20
40-59.....	1.0	210	163	145	72	51	† 8	† 1	27	17
60 and over.....	0.9	217	181	168	65	82	17	† 2	20	8
20 and over.....	4.3	260	208	182	85	72	19	† 2	30	17
Females:										
6-11.....	1.3	368	332	280	171	73	† 7	† 3	22	13
12-19.....	1.4	252	209	183	119	48	† 14	† 2	23	15
20-39.....	3.4	183	155	138	76	43	15	3	13	12
40-59.....	1.3	185	151	131	67	43	† 16	† 10	17	13
60 and over.....	2.2	193	163	145	42	62	37	† 6	19	8
20 and over.....	6.9	187	157	139	63	49	22	5	15	11
All individuals.....	19.2	290	253	211	117	67	18	3	21	13
131-350% poverty:										
Males and females:										
1-2.....	1.3	476	449	409	242	157	10	10	16	10
3-5.....	2.0	387	348	311	124	174	10	8	26	12
5 and under ‡ .....	3.8	460	428	309	152	145	9	7	20	10
Males:										
6-11.....	2.3	437	392	332	106	187	33	† 5	32	11
12-19.....	2.4	415	366	317	109	158	† 49	† 3	26	20
20-39.....	6.9	228	178	159	53	77	25	6	24	21
40-59.....	3.9	254	205	191	61	95	32	† 3	26	16
60 and over.....	3.2	256	205	189	55	91	39	† 3	33	12
20 and over.....	14.0	242	192	175	56	86	30	5	27	18
Females:										
6-11.....	1.8	380	333	284	102	155	21	† 2	31	14
12-19.....	2.4	275	223	196	65	99	32	† 5	30	15
20-39.....	6.9	197	159	134	42	54	36	8	19	15
40-59.....	3.9	196	150	134	39	63	27	† 6	27	12
60 and over.....	4.3	201	159	142	26	72	43	7	27	12
20 and over.....	15.1	198	156	136	37	61	35	7	23	14
All individuals.....	41.8	274	229	196	66	96	31	6	26	15

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 9A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i> ----- <i>Grams</i> -----										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	468	444	389	219	148	19	25	12	12
3-5.....	1.2	382	344	304	88	176	38	14	23	13
5 and under ‡ .....	2.3	454	425	307	128	151	27	16	17	12
Males:										
6-11.....	1.3	485	423	352	81	213	50	† 10	47	13
12-19.....	2.0	433	369	308	49	209	47	† 6	40	22
20-39.....	6.2	261	203	179	53	89	35	9	29	22
40-59.....	6.7	239	180	158	31	75	50	9	37	16
60 and over.....	2.7	255	184	165	23	81	59	7	45	20
20 and over.....	15.6	251	190	168	39	81	46	9	35	19
Females:										
6-11.....	1.3	399	348	292	51	178	58	† 6	37	13
12-19.....	1.8	269	220	183	† 29	114	40	† 5	33	13
20-39.....	5.5	223	174	136	22	65	48	19	23	21
40-59.....	6.8	180	133	106	11	41	53	17	26	16
60 and over.....	2.5	210	153	130	17	57	54	14	35	16
20 and over.....	14.8	201	151	121	16	52	52	17	26	18
All individuals.....	39.0	266	212	176	37	90	47	12	31	18
All Incomes.....	100	274	227	191	65	88	35	8	27	16

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9B.—Milk and milk products: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent ----- Percent -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	90.9	87.3	85.3	63.1	20.3	† 1.3	† 1.9	12.2	27.9
3-5.....	1.5	91.1	85.6	83.5	58.2	24.2	4.2	2.7	18.8	30.5
5 and under ‡ .....	2.9	91.2	87.0	75.0	53.6	20.1	2.6	2.2	14.1	26.1
Males:										
6-11.....	1.1	91.0	84.5	77.2	47.5	27.5	† 3.6	† 1.2	20.2	26.3
12-19.....	1.5	80.3	63.2	55.4	36.9	16.4	† 2.3	† .3	8.3	32.8
20-39.....	2.4	64.9	47.4	44.1	22.9	15.6	† 3.6	† .7	12.5	32.2
40-59.....	1.0	59.9	41.4	39.7	20.1	12.8	† 2.5	† .8	10.5	22.1
60 and over.....	0.9	72.0	57.0	54.4	20.7	26.6	6.5	† .7	13.7	18.9
20 and over.....	4.3	65.2	48.1	45.2	21.8	17.2	3.9	† .7	12.3	27.1
Females:										
6-11.....	1.3	88.5	82.4	76.5	52.8	22.9	† 2.7	† 1.5	16.5	24.7
12-19.....	1.4	69.5	52.1	46.6	28.3	14.9	† 3.6	† 1.0	13.2	30.5
20-39.....	3.4	65.6	49.3	45.0	24.6	13.0	4.3	† 2.0	6.6	28.6
40-59.....	1.3	70.2	52.7	48.9	24.6	15.5	5.4	† 4.2	10.5	29.0
60 and over.....	2.2	78.5	67.2	63.4	22.3	26.3	12.7	3.0	15.1	16.0
20 and over.....	6.9	70.5	55.5	51.5	23.9	17.6	7.1	2.7	10.0	24.7
All individuals.....	19.2	75.4	62.2	56.6	32.3	18.5	4.6	1.7	12.2	26.6
131-350% poverty:										
Males and females:										
1-2.....	1.3	94.3	90.5	87.3	49.4	37.0	3.7	6.7	19.8	28.2
3-5.....	2.0	94.9	87.3	84.3	35.8	48.2	4.1	5.6	24.9	32.7
5 and under ‡ .....	3.8	92.6	87.2	75.2	36.3	38.2	3.4	5.2	21.1	27.4
Males:										
6-11.....	2.3	92.8	85.2	79.8	28.9	45.7	10.6	† 2.9	26.3	29.7
12-19.....	2.4	84.3	68.8	62.2	23.6	32.8	7.8	† 1.6	14.1	36.5
20-39.....	6.9	69.5	44.5	41.7	14.1	20.7	6.1	2.5	12.7	36.9
40-59.....	3.9	72.2	52.4	50.3	21.0	22.0	9.7	† 1.5	13.8	28.2
60 and over.....	3.2	81.7	67.0	64.8	19.1	31.8	13.1	† 1.2	22.4	24.8
20 and over.....	14.0	73.0	51.8	49.4	17.2	23.6	8.7	1.9	15.2	31.7
Females:										
6-11.....	1.8	93.4	83.9	78.8	32.3	43.0	7.2	† 1.5	23.7	35.5
12-19.....	2.4	77.8	58.1	53.8	17.4	27.7	10.3	† 2.8	18.1	38.9
20-39.....	6.9	74.1	50.3	46.1	16.3	18.9	11.2	3.8	13.2	34.2
40-59.....	3.9	76.3	54.5	51.4	17.4	22.9	10.7	† 3.3	17.4	27.3
60 and over.....	4.3	80.6	62.3	59.6	14.5	30.5	15.7	3.2	21.0	27.8
20 and over.....	15.1	76.5	54.8	51.3	16.1	23.3	12.4	3.5	16.5	30.6
All individuals.....	41.8	78.9	60.6	56.4	20.2	27.6	9.6	2.9	17.3	31.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 9B.—Milk and milk products: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent ----- Percent -----										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	95.9	93.1	88.5	46.3	39.3	5.8	17.8	16.0	35.8
3-5.....	1.2	91.1	84.4	80.2	24.9	50.5	11.5	9.3	24.4	40.1
5 and under ‡ .....	2.3	91.8	87.3	75.0	30.1	41.4	8.2	11.3	20.0	35.3
Males:										
6-11.....	1.3	91.8	84.8	80.3	21.9	51.5	13.5	† 6.4	28.7	33.8
12-19.....	2.0	78.5	64.2	59.3	11.0	38.4	9.8	† 2.7	17.0	40.9
20-39.....	6.2	75.8	50.2	46.0	13.4	24.9	9.0	4.0	17.8	39.4
40-59.....	6.7	76.5	52.5	48.9	10.7	24.4	15.1	4.6	20.2	33.1
60 and over.....	2.7	87.6	70.2	66.3	11.4	34.5	21.2	3.7	27.7	35.4
20 and over.....	15.6	78.1	54.6	50.7	11.9	26.3	13.7	4.2	20.5	36.0
Females:										
6-11.....	1.3	88.6	79.6	75.1	15.9	49.4	14.7	† 6.2	27.4	30.9
12-19.....	1.8	76.8	49.5	46.4	9.5	25.4	12.7	† 2.2	18.5	36.6
20-39.....	5.5	81.0	56.9	51.4	9.6	27.4	16.7	9.2	16.1	40.7
40-59.....	6.8	78.7	54.0	48.0	7.9	21.6	20.0	9.0	18.0	37.1
60 and over.....	2.5	84.6	64.2	61.0	10.6	26.5	26.5	6.8	27.2	32.3
20 and over.....	14.8	80.5	56.8	51.5	9.0	24.6	19.9	8.7	18.9	37.6
All individuals.....	39.0	80.6	59.4	54.4	12.1	28.7	15.5	6.3	20.1	36.6
All Incomes.....	100	78.9	60.5	55.6	19.4	26.3	11.0	4.0	17.4	32.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10A.—Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent</i>		<i>Grams</i>									
Under 131% poverty:											
Males and females:											
1-2.....	1.0	103	10	6	† *	† *	19	16	15	6	45
3-5.....	1.5	123	15	7	† *	† *	25	19	18	4	51
5 and under ‡ .....	2.9	104	11	6	† *	† *	20	16	15	4	45
Males:											
6-11.....	1.1	157	16	8	† *	0	30	22	21	† 9	70
12-19.....	1.5	256	34	18	† *	0	34	37	31	† 13	117
20-39.....	2.4	315	58	15	† 1	† 1	30	36	31	† 17	152
40-59.....	1.0	254	33	28	† 3	† 3	40	32	30	9	101
60 and over.....	0.9	193	19	18	† 2	† 1	23	22	20	14	88
20 and over.....	4.3	276	44	19	1	† 2	31	32	28	15	127
Females:											
6-11.....	1.3	150	24	8	† *	† 1	19	18	14	7	71
12-19.....	1.4	182	20	8	0	† *	21	23	20	† 7	101
20-39.....	3.4	196	21	15	† *	† *	21	24	22	† 14	94
40-59.....	1.3	184	19	14	† 1	0	20	28	25	11	87
60 and over.....	2.2	124	11	9	† 1	† 1	14	24	20	8	53
20 and over.....	6.9	171	17	13	† 1	† *	18	25	22	12	80
All individuals.....	19.2	190	24	13	1	† 1	24	25	22	11	89
131-350% poverty:											
Males and females:											
1-2.....	1.3	89	7	3	† *	0	16	16	15	3	43
3-5.....	2.0	106	9	6	† *	0	18	20	18	3	47
5 and under ‡ .....	3.8	90	7	4	† *	† *	15	16	15	3	43
Males:											
6-11.....	2.3	159	20	9	† *	† *	21	21	19	† 6	75
12-19.....	2.4	253	30	† 8	† 1	0	26	25	23	† 7	151
20-39.....	6.9	292	42	12	† 1	† 1	32	37	28	11	152
40-59.....	3.9	267	36	17	† 1	† 2	31	29	26	14	132
60 and over.....	3.2	211	26	15	† 1	† 2	24	22	19	14	100
20 and over.....	14.0	267	36	14	† 1	† 1	30	31	25	12	134
Females:											
6-11.....	1.8	124	19	4	† 1	0	19	24	21	† 4	53
12-19.....	2.4	162	24	5	† *	0	13	20	19	5	86
20-39.....	6.9	165	20	9	† 2	† *	15	23	21	6	86
40-59.....	3.9	172	20	9	† 1	† 1	14	25	22	9	89
60 and over.....	4.3	158	16	11	† 1	† 1	15	18	16	13	80
20 and over.....	15.1	165	19	10	† 1	† 1	15	22	20	9	85
All individuals.....	41.8	195	25	10	1	† 1	21	25	21	9	100

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 10A.—Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent										
Over 350% poverty:											
Males and females:											
1-2.....	0.8	66	† 3	2	† 1	0.0	11	11	11	† 2	36
3-5.....	1.2	92	10	4	† *	0	18	16	14	4	39
5 and under ‡ .....	2.3	75	7	3	† *	0	13	13	12	3	36
Males:											
6-11.....	1.3	134	19	† 4	0	† *	20	23	21	† 7	61
12-19.....	2.0	243	27	11	† 1	0	26	35	26	† 6	129
20-39.....	6.2	277	36	14	† 3	† *	27	35	31	15	143
40-59.....	6.7	276	37	13	† 1	† 1	28	36	26	16	138
60 and over.....	2.7	233	25	15	† 2	† 1	20	24	20	19	121
20 and over.....	15.6	269	35	14	† 2	† *	26	33	27	16	137
Females:											
6-11.....	1.3	120	9	† 4	0	0	17	16	14	† 4	68
12-19.....	1.8	134	17	4	0	0	12	21	17	† 5	72
20-39.....	5.5	167	19	5	† *	† *	17	19	17	9	95
40-59.....	6.8	161	18	10	† 1	† *	13	23	16	12	81
60 and over.....	2.5	176	15	11	† 2	† *	14	22	20	14	95
20 and over.....	14.8	166	18	8	† 1	† *	14	21	17	11	88
All individuals.....	39.0	201	24	10	1	† *	20	26	21	12	105
All incomes.....	100	197	24	10	1	1	21	25	21	10	99

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 10B.—Meat, poultry, and fish: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
<i>Percent</i> ----- <i>Percent</i> -----											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	82.7	18.2	15.2	† 0.2	† 0.2	33.0	27.0	25.3	6.1	33.8
3-5.....	1.5	90.4	19.5	14.5	† .2	† .6	40.1	25.7	24.0	5.4	34.2
5 and under ‡ .....	2.9	80.7	16.8	12.9	† .3	† .6	33.6	24.1	22.1	5.0	31.9
Males:											
6-11.....	1.1	87.6	19.3	13.9	† .4	† 0.0	40.8	25.6	22.7	† 5.4	35.8
12-19.....	1.5	86.7	26.1	22.1	† .2	† 0.0	30.8	25.0	21.6	6.7	32.6
20-39.....	2.4	88.1	28.7	16.1	† .7	† .3	33.8	25.0	21.2	† 8.6	40.2
40-59.....	1.0	91.5	22.7	26.9	† 1.1	† 3.6	35.1	16.8	15.2	6.9	26.5
60 and over.....	0.9	89.6	19.0	27.2	† 2.3	† 1.7	33.2	20.7	19.1	8.6	28.2
20 and over.....	4.3	89.2	25.3	20.9	† 1.1	† 1.4	34.0	22.2	19.4	8.2	34.6
Females:											
6-11.....	1.3	93.3	21.1	16.0	† .3	† .9	31.5	21.1	17.2	† 7.4	42.4
12-19.....	1.4	85.1	24.7	13.8	† 0.0	† .4	30.8	23.4	19.0	† 6.2	35.8
20-39.....	3.4	84.4	20.1	18.6	† .4	† .2	27.4	19.8	17.8	6.8	36.4
40-59.....	1.3	85.9	20.2	21.4	† .6	† 0.0	25.3	25.8	22.5	8.4	29.1
60 and over.....	2.2	84.1	14.4	21.6	† 1.5	† 1.1	23.8	26.1	22.9	7.4	24.9
20 and over.....	6.9	84.6	18.4	20.0	† .8	† .4	25.9	22.9	20.3	7.3	31.4
All individuals.....	19.2	86.0	21.0	18.3	.6	.6	30.7	23.2	20.3	6.9	33.6
131-350% poverty:											
Males and females:											
1-2.....	1.3	82.1	13.9	7.6	† 1.0	† 0.0	29.6	26.0	24.9	5.5	32.9
3-5.....	2.0	85.5	14.7	14.8	† .7	† 0.0	34.0	27.6	24.8	4.9	32.3
5 and under ‡ .....	3.8	77.5	12.7	10.6	† .7	† .1	28.7	23.8	21.9	4.6	31.0
Males:											
6-11.....	2.3	88.3	23.9	13.9	† .5	† .2	32.4	21.4	18.6	5.0	36.6
12-19.....	2.4	86.3	22.7	12.7	† 1.0	† 0.0	32.7	17.5	15.5	5.0	42.5
20-39.....	6.9	89.0	26.5	13.1	† 1.3	† .9	33.9	21.9	18.7	7.3	44.5
40-59.....	3.9	89.3	25.3	21.1	† 1.0	† 1.1	32.4	20.9	18.1	9.2	37.8
60 and over.....	3.2	93.0	21.5	23.8	† .8	† 1.4	35.1	20.4	16.8	10.5	36.1
20 and over.....	14.0	90.0	25.0	17.8	1.1	† 1.1	33.8	21.3	18.1	8.5	40.7
Females:											
6-11.....	1.8	83.8	21.8	8.0	† 1.0	† 0.0	33.7	25.3	22.5	4.8	29.3
12-19.....	2.4	82.4	24.7	11.7	† .2	† 0.0	23.1	20.6	18.5	6.7	36.0
20-39.....	6.9	82.3	18.7	14.1	† .9	† .5	22.8	21.7	18.9	6.0	36.1
40-59.....	3.9	88.4	18.6	16.4	† 1.3	† .8	22.7	25.4	21.4	8.0	35.5
60 and over.....	4.3	90.0	17.9	21.0	† .8	† 1.1	26.8	20.7	17.7	10.3	34.1
20 and over.....	15.1	86.1	18.4	16.7	1.0	.8	23.9	22.4	19.2	7.7	35.4
All individuals.....	41.8	86.5	21.2	15.5	.9	.7	29.0	21.9	18.9	7.2	37.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 10B.--Meat, poultry, and fish: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	74.3	9.8	6.8	† 1.7	† 0.0	24.4	24.5	22.2	5.4	27.6
3-5.....	1.2	84.2	15.6	9.1	† .3	† 0.0	32.1	24.5	22.1	5.9	29.5
5 and under ‡ .....	2.3	74.2	12.1	7.2	† .8	† 0.0	26.0	22.8	20.7	5.4	26.8
Males:											
6-11.....	1.3	84.4	22.7	† 9.0	† 0.0	† .4	34.7	20.8	18.8	† 6.9	33.5
12-19.....	2.0	87.6	24.6	14.7	† .5	† 0.0	31.4	21.1	17.4	† 4.0	37.6
20-39.....	6.2	90.8	23.1	15.2	† 1.8	† .2	27.8	24.7	21.0	10.7	40.4
40-59.....	6.7	91.2	26.1	18.2	† 1.3	† .5	31.7	25.0	19.1	10.8	40.4
60 and over.....	2.7	91.8	23.7	21.4	† 1.9	† .5	29.0	21.4	16.5	14.0	41.6
20 and over.....	15.6	91.1	24.5	17.5	1.6	† .4	29.7	24.3	19.4	11.3	40.6
Females:											
6-11.....	1.3	81.4	14.3	9.8	† 0.0	† 0.0	29.2	19.4	17.2	† 6.1	30.2
12-19.....	1.8	73.4	16.8	8.8	† 0.0	† 0.0	21.8	21.6	19.6	† 4.1	29.6
20-39.....	5.5	81.0	17.5	11.2	† .3	† .1	26.2	21.3	18.5	7.5	37.0
40-59.....	6.8	85.1	18.2	17.6	† .8	† .5	22.6	24.1	17.6	10.3	33.0
60 and over.....	2.5	89.3	19.1	17.0	† 1.9	† .2	23.2	22.7	19.7	12.5	40.0
20 and over.....	14.8	84.3	18.1	15.1	† .8	† .3	24.0	22.8	18.3	9.6	35.7
All individuals.....	39.0	86.0	20.6	14.9	1.0	.3	27.2	23.1	18.9	9.3	36.7
All Incomes.....	100	86.2	20.9	15.8	.9	.5	28.6	22.6	19.2	8.0	36.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent		Grams								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	20	16	2	2	1	1	15	1	3
3-5.....	1.5	16	10	5	4	2	2	24	1	6
5 and under ‡ .....	2.9	16	21	3	3	1	2	18	1	4
Males:										
6-11.....	1.1	15	25	6	7	2	4	33	† 2	11
12-19.....	1.5	32	† 26	† 4	11	† 2	8	27	2	9
20-39.....	2.4	39	47	6	† 18	† 7	8	† 37	5	9
40-59.....	1.0	35	43	5	14	5	6	23	† 11	† 5
60 and over.....	0.9	30	38	† 2	9	4	4	18	5	† 2
20 and over.....	4.3	36	44	5	15	† 6	6	30	7	7
Females:										
6-11.....	1.3	19	17	3	6	2	4	36	1	10
12-19.....	1.4	18	20	† 2	8	2	5	32	3	7
20-39.....	3.4	20	24	† 3	11	3	7	17	6	4
40-59.....	1.3	24	23	† 2	13	3	8	21	6	6
60 and over.....	2.2	17	23	1	9	4	4	16	3	† 2
20 and over.....	6.9	20	24	† 2	11	3	6	18	5	4
All individuals.....	19.2	24	27	3	10	3	5	24	4	6
131-350% poverty:										
Males and females:										
1-2.....	1.3	15	19	3	3	2	1	17	*	4
3-5.....	2.0	11	9	6	5	2	2	39	1	10
5 and under ‡ .....	3.8	11	38	5	3	2	2	27	1	7
Males:										
6-11.....	2.3	12	8	5	7	3	4	45	1	13
12-19.....	2.4	20	† 18	7	13	4	9	31	† 2	12
20-39.....	6.9	24	33	4	15	3	10	22	4	7
40-59.....	3.9	20	31	4	17	5	10	23	6	6
60 and over.....	3.2	24	41	4	16	6	8	25	6	4
20 and over.....	14.0	23	34	4	16	4	9	23	5	6
Females:										
6-11.....	1.8	9	12	5	7	3	4	44	1	12
12-19.....	2.4	14	10	2	11	2	9	33	† 1	13
20-39.....	6.9	16	19	2	14	3	9	20	3	5
40-59.....	3.9	17	19	2	17	4	10	18	4	5
60 and over.....	4.3	15	25	3	13	5	7	19	3	3
20 and over.....	15.1	16	21	2	15	4	9	19	3	5
All individuals.....	41.8	17	25	4	13	4	8	25	3	7

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 11A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent		Grams								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	11	20	2	2	2	1	19	† *	4
3-5.....	1.2	9	11	4	4	2	2	33	† *	7
5 and under ‡ .....	2.3	9	30	3	3	2	1	25	*	5
Males:										
6-11.....	1.3	10	† 8	5	9	4	5	35	1	12
12-19.....	2.0	16	11	† 4	13	4	9	47	† 1	17
20-39.....	6.2	18	31	4	18	4	12	21	4	8
40-59.....	6.7	24	26	5	21	5	13	24	4	7
60 and over.....	2.7	21	33	5	21	6	12	23	3	5
20 and over.....	15.6	21	29	4	20	5	12	23	4	7
Females:										
6-11.....	1.3	7	† 6	5	8	4	4	47	1	15
12-19.....	1.8	9	† 16	† 5	10	3	7	27	† 1	14
20-39.....	5.5	12	22	2	17	3	12	22	3	8
40-59.....	6.8	14	20	4	19	4	12	21	3	7
60 and over.....	2.5	16	17	2	21	5	13	20	2	2
20 and over.....	14.8	14	20	3	18	4	12	21	3	7
All individuals.....	39.0	16	23	4	17	4	11	25	3	8
All Incomes.....	100	18	25	4	14	4	8	25	3	7

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<div>Percent-----Percent-----</div>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	33.4	14.4	13.2	31.3	21.8	12.4	40.6	11.1	12.0
3-5.....	1.5	24.4	11.1	17.7	38.0	23.5	19.0	52.4	16.9	16.5
5 and under ‡ .....	2.9	26.4	12.4	13.9	31.6	20.4	14.5	42.7	13.0	12.9
Males:										
6-11.....	1.1	23.9	15.8	15.5	45.5	24.9	27.5	57.5	19.7	22.0
12-19.....	1.5	25.7	13.4	7.0	43.1	15.7	30.4	42.2	18.2	15.3
20-39.....	2.4	28.7	18.6	6.2	44.0	22.7	24.9	45.0	27.7	12.1
40-59.....	1.0	31.8	17.4	8.6	47.7	30.1	19.7	51.2	34.7	11.1
60 and over.....	0.9	37.4	15.9	5.7	52.6	36.1	19.3	56.5	41.8	5.2
20 and over.....	4.3	31.2	17.8	6.6	46.6	27.2	22.5	48.8	32.2	10.4
Females:										
6-11.....	1.3	22.9	16.1	12.0	40.3	21.4	22.3	55.2	15.4	22.2
12-19.....	1.4	19.7	14.6	† 4.0	41.6	18.7	24.7	42.1	18.7	15.2
20-39.....	3.4	22.6	17.6	† 4.0	47.4	23.4	24.4	51.8	34.6	9.0
40-59.....	1.3	30.2	15.9	5.8	53.0	30.5	29.5	60.3	44.6	12.1
60 and over.....	2.2	23.8	11.0	7.5	59.1	37.6	21.1	58.2	42.3	7.9
20 and over.....	6.9	24.4	15.2	5.4	52.1	29.2	24.3	55.4	38.9	9.3
All individuals.....	19.2	25.9	15.3	8.0	45.2	24.9	23.0	50.2	27.9	12.5
131-350% poverty:										
Males and females:										
1-2.....	1.3	24.9	9.4	16.0	36.6	28.9	10.5	44.9	7.6	16.8
3-5.....	2.0	14.0	8.5	21.8	44.6	29.9	18.5	61.4	11.5	28.6
5 and under ‡ .....	3.8	16.4	11.1	17.0	36.7	25.8	13.8	48.1	8.7	21.1
Males:										
6-11.....	2.3	14.2	7.7	15.3	44.2	25.8	24.8	58.6	10.2	30.7
12-19.....	2.4	15.1	10.6	11.0	43.5	23.1	26.9	47.2	13.8	20.9
20-39.....	6.9	19.2	14.6	8.0	52.3	22.6	30.3	43.3	25.2	12.2
40-59.....	3.9	21.6	16.1	8.0	60.3	32.9	31.8	53.7	37.0	10.5
60 and over.....	3.2	27.3	16.6	8.8	67.9	46.0	31.1	66.4	50.1	9.2
20 and over.....	14.0	21.7	15.5	8.2	58.1	30.8	30.9	51.5	34.2	11.1
Females:										
6-11.....	1.8	11.9	10.3	15.6	49.9	29.1	26.4	61.4	14.4	31.1
12-19.....	2.4	16.8	9.1	6.9	49.6	26.2	31.4	48.0	9.1	24.8
20-39.....	6.9	17.9	13.4	6.6	54.8	27.2	30.1	48.8	30.0	11.8
40-59.....	3.9	19.9	15.8	6.3	69.2	38.1	36.2	56.9	39.0	12.5
60 and over.....	4.3	20.6	14.4	9.6	66.3	43.7	29.8	58.9	39.3	9.0
20 and over.....	15.1	19.2	14.3	7.4	61.8	34.7	31.6	53.8	35.0	11.2
All individuals.....	41.8	18.8	13.4	9.5	55.1	30.7	28.9	52.4	27.4	15.3

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 11B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Percent					Percent					
Over 350% poverty:										
Males and females:										
1-2.....	0.8	17.1	12.6	15.6	39.2	32.0	9.4	49.1	5.8	18.8
3-5.....	1.2	14.7	9.5	22.8	40.8	28.4	16.8	64.0	8.0	26.8
5 and under ‡ .....	2.3	14.4	11.7	18.0	36.4	27.2	12.2	52.7	6.6	20.9
Males:										
6-11.....	1.3	10.3	8.6	15.4	51.4	33.7	24.0	59.3	9.1	32.1
12-19.....	2.0	12.8	9.6	7.1	42.8	21.8	26.7	49.3	9.1	25.4
20-39.....	6.2	15.3	12.9	7.0	54.4	26.2	32.1	46.7	26.1	15.3
40-59.....	6.7	20.7	13.3	10.0	62.2	34.6	36.1	56.4	38.1	12.6
60 and over.....	2.7	23.8	13.0	14.0	74.7	49.0	39.9	61.9	39.8	11.9
20 and over.....	15.6	19.1	13.1	9.5	61.2	33.7	35.2	53.5	33.6	13.6
Females:										
6-11.....	1.3	7.8	† 7.5	22.3	53.9	39.6	18.7	65.4	9.8	31.0
12-19.....	1.8	9.1	9.9	11.8	43.3	24.6	27.6	47.1	10.4	29.1
20-39.....	5.5	13.6	16.8	9.5	58.3	27.6	33.8	57.0	33.7	16.0
40-59.....	6.8	15.6	14.2	8.7	64.6	35.7	38.1	60.5	38.1	16.1
60 and over.....	2.5	20.9	13.2	11.3	72.9	46.9	41.9	58.5	33.3	7.9
20 and over.....	14.8	15.8	15.0	9.5	63.7	34.6	37.1	58.9	35.6	14.7
All individuals.....	39.0	16.1	13.1	10.6	58.4	32.9	32.9	55.6	28.9	16.9
All Incomes.....	100	19.1	13.6	9.6	54.5	30.4	29.3	53.2	28.1	15.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 12A.--Beverages: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Under 131% poverty:														
Males and females:														
1-2.....	1.0	187	0.0	0.0	0.0	187	† 1	23	110	97	† 8	53	51	† 3
3-5.....	1.5	258	0	0	0	258	† 1	22	137	131	† 6	98	92	† 6
5 and under ‡ .....	2.9	205	0	0	0	205	† 1	20	114	105	7	71	66	4
Males:														
6-11.....	1.1	391	0	0	0	391	† 4	† 24	174	164	† 8	190	189	† 1
12-19.....	1.5	998	† 43	† 1	† 34	955	32	† 138	238	212	† 16	544	532	† 11
20-39.....	2.4	1,389	† 371	† 2	† 355	1,018	231	136	137	108	† 29	510	468	† 41
40-59.....	1.0	1,304	201	† 4	189	1,103	504	155	† 143	† 125	† 16	295	242	† 53
60 and over.....	0.9	789	48	† 2	43	741	436	130	48	44	† 4	126	81	45
20 and over.....	4.3	1,245	265	† 2	252	980	336	139	120	98	21	381	336	45
Females:														
6-11.....	1.3	354	0	0	0	354	† 1	† 28	149	141	† 8	177	170	† 5
12-19.....	1.4	621	† 7	† 1	† 4	614	20	87	153	139	† 14	353	328	† 25
20-39.....	3.4	940	59	† 5	49	882	217	131	111	104	† 7	423	363	59
40-59.....	1.3	988	25	† 11	† 12	963	407	166	99	81	† 15	291	206	85
60 and over.....	2.2	595	† 2	† *	† 1	592	303	129	57	52	† 5	102	71	31
20 and over.....	6.9	841	34	† 5	27	807	280	137	92	84	† 8	297	242	55
All individuals.....	19.2	777	76	2	69	701	180	103	125	112	12	291	258	33
131-350% poverty:														
Males and females:														
1-2.....	1.3	157	0	0	0	157	† *	22	93	82	† 11	42	38	† 3
3-5.....	2.0	308	0	0	0	308	† *	31	162	150	10	114	102	† 10
5 and under ‡ .....	3.8	219	0	0	0	219	† *	24	119	109	9	75	68	† 7
Males:														
6-11.....	2.3	432	0	0	0	432	† 2	47	138	124	† 14	244	213	† 30
12-19.....	2.4	947	† 67	† 1	† 65	880	† 10	140	183	127	55	547	521	26
20-39.....	6.9	1,420	288	† 6	271	1,133	278	188	95	74	22	569	498	71
40-59.....	3.9	1,376	189	12	168	1,187	539	164	90	71	† 17	383	304	80
60 and over.....	3.2	890	105	10	91	785	455	138	46	38	† 8	143	93	49
20 and over.....	14.0	1,286	218	8	201	1,068	391	170	82	65	17	420	351	68
Females:														
6-11.....	1.8	378	0	0	0	378	† 3	51	118	102	† 15	206	184	21
12-19.....	2.4	672	† 4	0	† 2	668	† 13	102	142	120	† 20	411	379	† 29
20-39.....	6.9	955	80	8	61	874	215	161	86	78	† 7	411	308	103
40-59.....	3.9	986	33	8	21	953	447	166	59	51	† 7	279	163	114
60 and over.....	4.3	702	15	† 6	† 6	688	384	160	37	27	† 8	107	61	46
20 and over.....	15.1	891	49	7	35	842	324	162	65	57	8	290	200	89
All individuals.....	41.8	906	95	5	84	811	250	136	93	77	15	330	267	62

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 12A.—Beverages: Mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96—continued

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Over 350% poverty:														
Males and females:														
1-2.....	0.8	119	0.0	0.0	0.0	119	0.0	† 8	80	64	† 14	31	26	† 5
3-5.....	1.2	231	0	0	0	231	† *	17	114	105	† 8	100	78	20
5 and under ‡ .....	2.3	165	0	0	0	165	† *	12	89	78	9	64	51	12
Males:														
6-11.....	1.3	410	† *	0	0	410	0	33	158	137	† 18	220	188	† 31
12-19.....	2.0	1,049	† 18	0	† 15	1,031	† 27	66	207	153	52	730	696	35
20-39.....	6.2	1,476	318	20	287	1,158	320	160	102	71	32	573	444	129
40-59.....	6.7	1,349	202	21	169	1,148	516	181	77	60	18	372	234	139
60 and over.....	2.7	940	107	22	75	833	485	139	40	31	† 9	165	79	86
20 and over.....	15.6	1,330	232	21	200	1,098	433	165	81	59	22	417	291	126
Females:														
6-11.....	1.3	356	† *	0	0	356	0	21	127	121	† 6	208	177	31
12-19.....	1.8	628	† 14	† 2	† 11	614	† 12	83	109	84	† 26	408	328	76
20-39.....	5.5	1,007	102	18	75	906	252	176	81	71	† 10	396	209	186
40-59.....	6.8	1,018	76	26	40	941	415	193	45	32	† 13	289	119	170
60 and over.....	2.5	762	43	27	† 8	719	396	156	21	13	† 7	140	68	71
20 and over.....	14.8	970	80	23	47	890	351	180	54	43	11	303	144	159
All individuals.....	39.0	1,016	125	17	99	892	308	144	83	64	18	355	236	119
All Incomes.....	100	924	103	10	87	821	259	133	95	79	15	332	253	78

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12B.--Beverages: Percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Under 131% poverty:														
Males and females:														
1-2.....	1.0	58.3	† 0.0	† 0.0	† 0.0	58.3	† 0.4	9.2	36.6	33.3	2.5	25.5	24.3	† 1.2
3-5.....	1.5	70.0	† 0.0	† 0.0	† 0.0	70.0	† 1.5	6.7	42.4	40.6	† 2.2	35.6	33.6	† 2.7
5 and under ‡ .....	2.9	58.7	† 0.0	† 0.0	† 0.0	58.7	† .9	6.8	36.4	33.7	2.6	27.8	26.3	1.8
Males:														
6-11.....	1.1	74.8	† 0.0	† 0.0	† 0.0	74.8	† 2.4	7.4	42.7	40.6	† 1.8	44.5	43.8	† .8
12-19.....	1.5	87.8	† 2.7	† .7	† 2.0	87.0	10.5	14.1	34.8	30.4	† 3.8	63.9	62.6	† 2.3
20-39.....	2.4	91.2	18.9	† 1.0	17.0	88.2	31.4	17.1	18.3	15.4	3.4	64.5	59.4	5.1
40-59.....	1.0	87.8	13.6	† .7	10.1	84.4	53.4	14.9	15.7	† 12.7	† 2.2	42.4	36.8	5.5
60 and over.....	0.9	92.5	6.0	† .7	3.1	90.9	68.4	21.7	12.9	11.9	† 1.0	26.8	17.0	9.7
20 and over.....	4.3	90.7	15.0	† .9	12.5	87.9	44.1	17.6	16.6	14.1	2.6	51.6	45.5	6.1
Females:														
6-11.....	1.3	72.3	† 0.0	† 0.0	† 0.0	72.3	† .5	† 6.5	34.1	32.3	† 1.8	41.7	40.9	† 2.4
12-19.....	1.4	88.0	† 3.0	† .7	† 1.2	88.0	7.2	14.9	34.8	31.6	† 3.2	60.3	57.4	† 5.8
20-39.....	3.4	89.0	5.7	† 1.4	4.2	88.1	33.3	21.5	21.5	20.5	† 1.4	58.6	51.6	8.8
40-59.....	1.3	92.5	3.9	† 2.1	† 1.7	91.7	62.2	26.0	18.5	15.4	† 2.6	47.4	37.0	13.0
60 and over.....	2.2	88.1	† 1.3	† .5	† .4	87.8	67.3	26.6	15.1	13.6	† 1.4	26.0	17.6	8.6
20 and over.....	6.9	89.4	4.0	1.3	2.6	88.7	49.4	23.9	18.9	17.4	1.6	46.3	38.2	9.5
All individuals.....	19.2	83.0	5.2	.7	4.0	82.0	29.3	16.5	25.6	23.3	2.3	46.7	41.8	5.9
131-350% poverty:														
Males and females:														
1-2.....	1.3	50.4	† 0.0	† 0.0	† 0.0	50.4	† .2	8.4	30.2	27.8	2.5	22.3	20.5	† 1.6
3-5.....	2.0	72.9	† 0.0	† 0.0	† 0.0	72.9	† .2	11.5	41.5	38.9	3.0	38.8	34.1	4.9
5 and under ‡ .....	3.8	56.7	† 0.0	† 0.0	† 0.0	56.7	† .2	9.1	32.9	30.7	2.4	28.5	25.4	3.2
Males:														
6-11.....	2.3	75.9	† 0.0	† 0.0	† 0.0	75.9	† .9	10.1	34.7	31.3	5.1	49.5	45.3	7.2
12-19.....	2.4	84.2	† 3.5	† .3	† 3.1	83.4	† 3.5	21.0	24.9	19.9	† 5.7	63.9	60.8	5.3
20-39.....	6.9	91.8	23.5	† 2.0	20.9	88.9	37.3	24.2	14.4	12.0	2.8	64.6	58.0	8.1
40-59.....	3.9	95.4	18.1	3.4	13.8	93.8	66.0	24.2	14.0	11.1	2.8	52.7	43.0	11.5
60 and over.....	3.2	93.6	14.7	4.7	8.0	92.6	76.2	26.7	9.7	8.4	† 1.6	29.3	19.2	10.6
20 and over.....	14.0	93.2	20.0	3.0	16.0	91.1	54.2	24.8	13.2	10.9	2.5	53.2	44.9	9.6
Females:														
6-11.....	1.8	74.4	† 0.0	† 0.0	† 0.0	74.4	† 1.6	15.4	31.4	27.8	† 3.6	46.9	42.2	6.2
12-19.....	2.4	87.3	† 1.5	† 0.0	† .7	86.7	† 2.5	23.0	24.2	20.5	† 3.4	60.9	56.9	6.1
20-39.....	6.9	91.5	10.7	3.0	6.1	90.1	35.4	28.2	16.3	14.9	† 1.8	60.4	47.9	14.2
40-59.....	3.9	92.6	6.8	2.6	3.4	92.4	66.3	29.2	14.5	12.8	† 1.6	49.1	32.2	18.1
60 and over.....	4.3	90.4	5.8	3.1	† 1.1	90.0	72.1	31.4	11.6	9.7	1.7	25.9	14.3	12.3
20 and over.....	15.1	91.4	8.3	2.9	4.0	90.7	53.9	29.4	14.5	12.8	1.7	47.6	34.2	14.7
All individuals.....	41.8	86.6	10.0	2.1	7.0	85.6	38.1	23.5	18.7	16.3	2.6	49.6	40.8	10.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Table 12B.--Beverages: Percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i> ----- <i>Percent</i> -----														
Over 350% poverty:														
Males and females:														
1-2.....	0.8	36.6	† 0.0	† 0.0	† 0.0	36.6	† 0.0	† 2.9	23.1	18.4	4.3	14.7	12.8	† 2.9
3-5.....	1.2	63.5	† 0.0	† 0.0	† 0.0	63.5	† .4	5.9	35.8	33.0	† 3.8	34.0	26.8	7.5
5 and under ‡ .....	2.3	46.7	† 0.0	† 0.0	† 0.0	46.7	† .2	4.2	27.2	24.0	3.5	23.3	18.8	5.0
Males:														
6-11.....	1.3	73.0	† .8	† 0.0	† 0.0	73.0	† 0.0	9.5	43.0	38.8	† 5.5	46.5	40.8	7.6
12-19.....	2.0	90.9	† 2.3	† 0.0	† 1.4	90.9	† 5.9	12.2	28.1	23.2	7.0	79.4	75.1	7.2
20-39.....	6.2	94.6	30.2	5.5	24.1	91.9	44.0	22.7	18.4	14.7	4.7	66.7	53.9	15.7
40-59.....	6.7	96.6	28.2	7.9	18.2	95.2	68.1	28.1	14.9	12.7	2.3	54.0	35.2	21.5
60 and over.....	2.7	94.0	23.5	9.0	9.7	93.4	79.6	26.4	10.1	8.6	† 1.9	36.2	20.3	17.1
20 and over.....	15.6	95.3	28.2	7.2	19.1	93.5	60.5	25.6	15.5	12.8	3.2	56.0	40.1	18.4
Females:														
6-11.....	1.3	68.3	† .7	† 0.0	† 0.0	68.3	† 0.0	9.2	42.0	40.7	† 1.7	43.4	36.9	9.3
12-19.....	1.8	85.6	† 1.0	† .6	† 1.0	85.6	† 2.7	17.2	25.6	22.5	† 5.6	65.4	54.2	13.8
20-39.....	5.5	89.2	20.2	6.7	9.2	87.9	39.9	31.1	17.0	14.2	2.6	58.1	34.9	26.6
40-59.....	6.8	94.9	18.0	9.6	5.0	94.0	63.6	35.1	10.0	7.9	2.0	51.8	25.4	28.6
60 and over.....	2.5	92.1	21.4	13.6	† 2.0	91.0	72.1	34.0	7.9	5.4	† 2.1	34.7	18.1	17.0
20 and over.....	14.8	92.3	19.4	9.2	6.0	91.2	56.3	33.4	12.2	9.8	2.2	51.2	27.7	25.9
All individuals.....	39.0	89.0	18.9	6.4	10.1	87.9	46.0	25.2	17.8	15.0	3.2	53.2	36.4	19.1
All Incomes.....	100	86.9	12.5	3.5	7.6	85.8	39.5	22.8	19.7	17.2	2.8	50.4	39.3	12.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13A.--Grain group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>----- Servings ‡ -----</i>		
Under 131% poverty:				
Males:				
2-5.....	1.1	6.3	0.8	5.5
6-11.....	1.1	6.9	.8	6.1
12-19.....	1.6	8.6	.9	7.7
20-39.....	2.5	10.3	.8	9.5
40-59.....	1.0	7.1	.7	6.4
60 and over.....	0.9	5.4	.8	4.6
20 and over.....	4.4	8.6	.8	7.8
Females:				
2-5.....	1.0	6.0	.8	5.2
6-11.....	1.2	5.5	.5	4.9
12-19.....	1.5	6.3	.7	5.6
20-39.....	3.5	5.4	.6	4.8
40-59.....	1.4	5.1	.6	4.5
60 and over.....	2.2	4.5	.8	3.8
20 and over.....	7.1	5.1	.7	4.4
All individuals 2 and over.....	18.9	6.5	.7	5.8
131-350% poverty:				
Males:				
2-5.....	1.4	6.4	1.1	5.3
6-11.....	2.4	6.7	1.0	5.7
12-19.....	2.4	9.0	1.2	7.8
20-39.....	7.1	8.4	1.2	7.2
40-59.....	3.9	7.4	1.1	6.3
60 and over.....	3.4	6.6	1.0	5.5
20 and over.....	14.4	7.7	1.1	6.6
Females:				
2-5.....	1.3	6.1	1.1	5.1
6-11.....	1.9	6.3	.8	5.5
12-19.....	2.5	6.2	.8	5.4
20-39.....	6.9	5.7	.8	4.9
40-59.....	4.1	5.2	.8	4.4
60 and over.....	4.5	4.9	.9	4.1
20 and over.....	15.5	5.3	.8	4.5
All individuals 2 and over.....	41.7	6.6	1.0	5.6

‡ See "appendix D" for definitions of servings.

Continued

**Table 13A.—Grain group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96—continued**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Over 350% poverty:				
Males:				
2-5.....	0.8	6.7	1.2	5.5
6-11.....	1.3	7.4	1.3	6.1
12-19.....	2.0	9.8	1.1	8.6
20-39.....	6.4	8.5	1.1	7.4
40-59.....	6.9	7.7	1.2	6.5
60 and over.....	2.7	7.0	1.5	5.5
20 and over.....	16.0	7.9	1.2	6.7
Females:				
2-5.....	0.9	6.2	1.0	5.2
6-11.....	1.4	6.2	1.1	5.1
12-19.....	1.8	6.6	1.1	5.4
20-39.....	5.8	6.3	1.0	5.2
40-59.....	6.9	5.9	1.0	4.9
60 and over.....	2.6	5.1	1.1	4.0
20 and over.....	15.3	5.9	1.0	4.9
All individuals 2 and over.....	39.4	7.0	1.1	5.9
All Incomes.....	100.0	6.7	1.0	5.8

‡ See "appendix D" for definitions of servings.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
Under 131% poverty:				
Males:				
2-5.....	1.1	† *	52	47
6-11.....	1.1	† 1	56	41
12-19.....	1.6	† 1	73	39
20-39.....	2.5	† 1	70	48
40-59.....	1.0	† 1	58	38
60 and over.....	0.9	† 1	38	34
20 and over.....	4.4	† 1	61	43
Females:				
2-5.....	1.0	† *	45	41
6-11.....	1.2	† 1	37	30
12-19.....	1.5	† *	46	35
20-39.....	3.5	† 2	32	25
40-59.....	1.4	† 3	29	24
60 and over.....	2.2	† 2	24	23
20 and over.....	7.1	2	29	24
All individuals 2 and over.....	18.9	1	45	34
131-350% poverty:				
Males:				
2-5.....	1.4	† *	54	49
6-11.....	2.4	† 0	60	43
12-19.....	2.4	† 0	76	50
20-39.....	7.1	† *	69	42
40-59.....	3.9	† 1	62	36
60 and over.....	3.4	† *	53	39
20 and over.....	14.4	† 1	63	40
Females:				
2-5.....	1.3	† *	50	48
6-11.....	1.9	† 0	51	41
12-19.....	2.5	† 0	48	31
20-39.....	6.9	† 2	41	31
40-59.....	4.1	† 1	31	25
60 and over.....	4.5	† 1	28	26
20 and over.....	15.5	1	34	28
All individuals 2 and over.....	41.7	1	51	36

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

Continued



Table 13B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	† 0.0	59	57
6-11.....	1.3	† 0	66	52
12-19.....	2.0	† 0	83	52
20-39.....	6.4	† 0	72	43
40-59.....	6.9	† *	66	39
60 and over.....	2.7	† *	61	43
20 and over.....	16.0	† *	68	41
Females:				
2-5.....	0.9	† 0	50	47
6-11.....	1.4	† 0	48	39
12-19.....	1.8	† 1	53	42
20-39.....	5.8	† 1	47	39
40-59.....	6.9	† *	44	38
60 and over.....	2.6	† 1	30	28
20 and over.....	15.3	† 1	43	37
All individuals 2 and over.....	39.4	*	57	41
All Incomes.....	100.0	1	52	38

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 14A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<div>Percent</div> <div>Servings ‡</div>									
Under 131% poverty:									
Males:									
2-5.....	1.1	2.3	*	0.1	0.2	1.0	0.2	0.4	0.4
6-11.....	1.1	2.3	† *	† .1	.2	.9	.2	.3	.5
12-19.....	1.6	3.8	† .1	.1	.3	1.8	† .2	.5	.8
20-39.....	2.5	4.7	† .2	.1	.4	1.6	.2	.7	1.4
40-59.....	1.0	3.6	.1	.1	.4	.9	.4	.5	1.1
60 and over.....	0.9	3.1	.2	.2	.3	.8	.2	.4	1.0
20 and over.....	4.4	4.1	.2	.1	.4	1.3	.2	.6	1.2
Females:									
2-5.....	1.0	2.3	.1	.1	.2	1.0	.2	.3	.4
6-11.....	1.2	2.2	† .1	.1	.2	1.0	.2	.3	.5
12-19.....	1.5	2.8	.1	.1	.2	1.2	.1	.5	.7
20-39.....	3.5	2.8	.1	.1	.2	.9	.2	.4	.8
40-59.....	1.4	2.8	.2	.1	.2	.7	.2	.4	1.0
60 and over.....	2.2	2.5	.2	.2	.1	.6	.2	.3	.9
20 and over.....	7.1	2.7	.2	.1	.2	.8	.2	.4	.8
All individuals 2 and over.....	18.9	3.0	.1	.1	.2	1.1	.2	.4	.8
131-350% poverty:									
Males:									
2-5.....	1.4	2.2	.1	.1	.1	1.0	.2	.3	.4
6-11.....	2.4	2.4	.1	.1	.1	1.1	.2	.4	.5
12-19.....	2.4	3.8	.1	.1	.2	1.8	.2	.6	.8
20-39.....	7.1	4.4	.2	.1	.3	1.7	.2	.6	1.2
40-59.....	3.9	3.9	.2	.2	.3	1.3	.3	.5	1.1
60 and over.....	3.4	3.6	.2	.2	.3	1.0	.3	.5	1.2
20 and over.....	14.4	4.1	.2	.2	.3	1.4	.2	.6	1.2
Females:									
2-5.....	1.3	2.2	.1	.1	.1	1.0	.2	.3	.5
6-11.....	1.9	2.1	.1	.1	.1	.8	.2	.3	.5
12-19.....	2.5	2.8	.1	.1	.1	1.2	.1	.4	.7
20-39.....	6.9	3.1	.2	.1	.2	1.0	.2	.4	1.0
40-59.....	4.1	3.1	.2	.2	.2	.9	.2	.4	1.1
60 and over.....	4.5	2.9	.2	.2	.1	.7	.2	.4	1.0
20 and over.....	15.5	3.0	.2	.2	.2	.9	.2	.4	1.0
All individuals 2 and over.....	41.7	3.3	.1	.2	.2	1.2	.2	.5	1.0

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

Continued

**Table 14A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<i>Percent</i> ----- <i>Servings ‡</i> -----									
Over 350% poverty:									
Males:									
2-5.....	0.8	1.8	0.1	0.2	† 0.1	0.7	0.1	0.3	0.3
6-11.....	1.3	2.1	.1	.1	.1	.9	.1	.4	.4
12-19.....	2.0	3.6	† .1	.1	.1	1.7	.2	.6	.8
20-39.....	6.4	4.3	.2	.2	.2	1.6	.2	.6	1.3
40-59.....	6.9	4.2	.2	.2	.2	1.3	.3	.6	1.4
60 and over.....	2.7	4.0	.2	.3	.2	1.0	.3	.5	1.4
20 and over.....	16.0	4.2	.2	.2	.2	1.4	.3	.6	1.4
Females:									
2-5.....	0.9	1.9	.1	.1	.1	.7	.2	.3	.5
6-11.....	1.4	2.2	.1	.2	† .1	.9	.2	.3	.5
12-19.....	1.8	2.6	.1	.1	.1	1.1	.1	.4	.7
20-39.....	5.8	3.1	.2	.2	.1	.8	.2	.5	1.1
40-59.....	6.9	3.3	.2	.2	.1	.8	.2	.5	1.3
60 and over.....	2.6	3.3	.3	.2	.1	.7	.2	.5	1.3
20 and over.....	15.3	3.3	.2	.2	.1	.8	.2	.5	1.2
All individuals 2 and over.....	39.4	3.5	.2	.2	.2	1.1	.2	.5	1.2
All Incomes.....	100.0	3.3	.2	.2	.2	1.1	.2	.5	1.0

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	16	29	27
6-11.....	1.1	23	27	20
12-19.....	1.6	7	60	40
20-39.....	2.5	8	67	55
40-59.....	1.0	13	49	40
60 and over.....	0.9	15	43	40
20 and over.....	4.4	11	58	49
Females:				
2-5.....	1.0	17	28	26
6-11.....	1.2	23	25	22
12-19.....	1.5	11	40	30
20-39.....	3.5	12	35	31
40-59.....	1.4	11	41	38
60 and over.....	2.2	13	31	31
20 and over.....	7.1	12	35	32
All individuals 2 and over.....	18.9	13	41	35
131-350% poverty:				
Males:				
2-5.....	1.4	22	24	23
6-11.....	2.4	16	29	21
12-19.....	2.4	12	56	38
20-39.....	7.1	5	70	53
40-59.....	3.9	8	61	49
60 and over.....	3.4	8	56	47
20 and over.....	14.4	6	64	50
Females:				
2-5.....	1.3	20	25	24
6-11.....	1.9	22	23	18
12-19.....	2.5	10	39	29
20-39.....	6.9	9	46	40
40-59.....	4.1	10	47	46
60 and over.....	4.5	9	42	41
20 and over.....	15.5	9	45	42
All individuals 2 and over.....	41.7	10	49	40

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

Table 14B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	29	17	17
6-11.....	1.3	25	22	17
12-19.....	2.0	10	52	34
20-39.....	6.4	5	67	49
40-59.....	6.9	6	68	55
60 and over.....	2.7	7	62	57
20 and over.....	16.0	6	66	53
Females:				
2-5.....	0.9	22	19	18
6-11.....	1.4	25	24	22
12-19.....	1.8	18	35	29
20-39.....	5.8	8	47	42
40-59.....	6.9	7	52	49
60 and over.....	2.6	7	54	52
20 and over.....	15.3	7	50	47
All individuals 2 and over.....	39.4	9	53	45
All Incomes.....	100.0	10	49	41

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Under 131% poverty:				
Males:				
2-5.....	1.1	1.9	0.7	1.2
6-11.....	1.1	1.4	.6	.8
12-19.....	1.6	1.3	.8	.4
20-39.....	2.5	1.1	.6	.5
40-59.....	1.0	1.6	.7	.9
60 and over.....	0.9	1.2	.6	.7
20 and over.....	4.4	1.3	.6	.6
Females:				
2-5.....	1.0	1.8	.8	1.1
6-11.....	1.2	1.4	.7	.7
12-19.....	1.5	1.1	.6	.5
20-39.....	3.5	1.2	.6	.5
40-59.....	1.4	1.1	.6	.5
60 and over.....	2.2	1.4	.7	.7
20 and over.....	7.1	1.2	.6	.6
All individuals 2 and over.....	18.9	1.3	.7	.7
131-350% poverty:				
Males:				
2-5.....	1.4	2.2	.7	1.5
6-11.....	2.4	1.5	.7	.8
12-19.....	2.4	1.2	.7	.6
20-39.....	7.1	1.2	.7	.6
40-59.....	3.9	1.4	.7	.7
60 and over.....	3.4	1.9	.9	1.0
20 and over.....	14.4	1.4	.7	.7
Females:				
2-5.....	1.3	2.1	.7	1.4
6-11.....	1.9	1.4	.6	.8
12-19.....	2.5	1.4	.8	.6
20-39.....	6.9	1.2	.6	.6
40-59.....	4.1	1.4	.7	.7
60 and over.....	4.5	1.7	.8	.9
20 and over.....	15.5	1.4	.7	.7
All individuals 2 and over.....	41.7	1.5	.7	.7

‡ See "appendix D" for definitions of servings.

Continued



**Table 15A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
<div> <div>Percent</div> <div>Servings ‡</div> </div>				
Over 350% poverty:				
Males:				
2-5.....	0.8	2.9	0.9	2.0
6-11.....	1.3	1.8	.7	1.1
12-19.....	2.0	1.6	1.0	.7
20-39.....	6.4	1.4	.8	.6
40-59.....	6.9	1.7	.8	.8
60 and over.....	2.7	2.3	1.0	1.3
20 and over.....	16.0	1.7	.8	.8
Females:				
2-5.....	0.9	2.6	.9	1.8
6-11.....	1.4	1.8	.8	1.0
12-19.....	1.8	1.5	.8	.7
20-39.....	5.8	1.3	.7	.7
40-59.....	6.9	1.6	.8	.8
60 and over.....	2.6	2.2	1.1	1.1
20 and over.....	15.3	1.6	.8	.8
All individuals 2 and over.....	39.4	1.7	.8	.9
All Incomes.....	100.0	1.5	.8	.8

‡ See "appendix D" for definitions of servings.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	33	38	36
6-11.....	1.1	50	23	20
12-19.....	1.6	57	20	11
20-39.....	2.5	60	19	12
40-59.....	1.0	59	29	23
60 and over.....	0.9	57	22	20
20 and over.....	4.4	59	22	16
Females:				
2-5.....	1.0	35	40	39
6-11.....	1.2	43	20	18
12-19.....	1.5	59	20	13
20-39.....	3.5	60	20	18
40-59.....	1.4	65	20	19
60 and over.....	2.2	49	28	27
20 and over.....	7.1	58	22	21
All individuals 2 and over.....	18.9	54	24	20
131-350% poverty:				
Males:				
2-5.....	1.4	31	46	44
6-11.....	2.4	44	25	19
12-19.....	2.4	60	19	12
20-39.....	7.1	60	22	15
40-59.....	3.9	59	22	14
60 and over.....	3.4	40	36	30
20 and over.....	14.4	55	25	18
Females:				
2-5.....	1.3	32	42	41
6-11.....	1.9	51	24	21
12-19.....	2.5	54	23	19
20-39.....	6.9	57	21	19
40-59.....	4.1	52	26	23
60 and over.....	4.5	34	32	32
20 and over.....	15.5	49	26	24
All individuals 2 and over.....	41.7	51	26	22

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

Table 15B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
Over 350% poverty:				
Males:				
2-5.....	0.8	20	64	62
6-11.....	1.3	42	34	28
12-19.....	2.0	46	27	18
20-39.....	6.4	58	26	17
40-59.....	6.9	45	31	22
60 and over.....	2.7	29	49	40
20 and over.....	16.0	47	32	23
Females:				
2-5.....	0.9	15	60	58
6-11.....	1.4	38	35	31
12-19.....	1.8	47	27	22
20-39.....	5.8	52	23	20
40-59.....	6.9	45	28	26
60 and over.....	2.6	27	46	45
20 and over.....	15.3	45	29	27
All individuals 2 and over.....	39.4	44	32	26
All Incomes.....	100.0	49	28	23

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by income, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day,  
depending on age and physiological status

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
Under 131% poverty:					
Males:					
2-5.....	1.1	1.8	1.5	0.3	†*
6-11.....	1.1	2.0	1.6	.4	†*
12-19.....	1.6	2.0	1.4	.6	†*
20-39.....	2.5	2.0	1.1	.9	†*
40-59.....	1.0	1.2	.7	.4	†*
60 and over.....	0.9	1.0	.8	.2	†*
11-24.....	2.6	2.0	1.3	.7	†*
20 and over.....	4.4	1.6	.9	.6	†*
Females:					
2-5.....	1.0	1.8	1.5	.3	*
6-11.....	1.2	1.8	1.5	.3	†*
12-19.....	1.5	1.4	.9	.4	†*
20-39.....	3.5	1.1	.7	.4	*
40-59.....	1.4	.9	.6	.3	†*
60 and over.....	2.2	1.0	.8	.2	†*
11-24.....	2.7	1.3	.8	.4	†*
20 and over.....	7.1	1.0	.7	.3	*
All individuals 2 and over.....	18.9	1.5	1.0	.4	*
131-350% poverty:					
Males:					
2-5.....	1.4	1.9	1.5	.4	*
6-11.....	2.4	2.2	1.7	.4	†*
12-19.....	2.4	2.5	1.8	.8	†*
20-39.....	7.1	1.6	.8	.7	*
40-59.....	3.9	1.5	1.0	.5	*
60 and over.....	3.4	1.3	1.0	.3	†*
11-24.....	4.3	2.1	1.4	.7	†*
20 and over.....	14.4	1.5	.9	.5	*
Females:					
2-5.....	1.3	1.9	1.5	.3	*
6-11.....	1.9	1.9	1.4	.4	†*
12-19.....	2.5	1.5	1.0	.5	†*
20-39.....	6.9	1.2	.7	.5	*
40-59.....	4.1	1.0	.7	.3	*
60 and over.....	4.5	1.0	.8	.2	*
11-24.....	4.5	1.5	1.0	.5	†*
20 and over.....	15.5	1.1	.7	.4	*
All individuals 2 and over.....	41.7	1.5	1.0	.5	*

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

Continued

**Table 16A.--Dairy group: Mean number of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
Over 350% poverty:					
Males:					
2-5.....	0.8	1.9	1.5	0.3	0.1
6-11.....	1.3	2.3	1.8	.5	† *
12-19.....	2.0	2.6	1.6	.9	† *
20-39.....	6.4	1.7	.9	.8	*
40-59.....	6.9	1.5	.9	.5	*
60 and over.....	2.7	1.4	1.0	.4	*
11-24.....	3.5	2.2	1.4	.9	† *
20 and over.....	16.0	1.6	.9	.6	*
Females:					
2-5.....	.0.9	1.9	1.5	.4	*
6-11.....	1.4	1.9	1.5	.4	*
12-19.....	1.8	1.6	1.0	.5	† *
20-39.....	5.8	1.3	.8	.5	.1
40-59.....	6.9	1.1	.6	.4	.1
60 and over.....	2.6	1.1	.8	.3	.1
11-24.....	3.1	1.5	1.0	.5	*
20 and over.....	15.3	1.2	.7	.4	.1
All individuals 2 and over.....	39.4	1.5	1.0	.5	*
All Incomes.....	100.0	1.5	1.0	.5	*

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	20	35	35
6-11.....	1.1	14	46	40
12-19.....	1.6	27	40	20
20-39.....	2.5	41	35	30
40-59.....	1.0	57	17	17
60 and over.....	0.9	57	13	13
11-24.....	2.6	31	39	19
20 and over.....	4.4	48	27	24
Females:				
2-5.....	1.0	19	38	38
6-11.....	1.2	19	37	34
12-19.....	1.5	43	21	7
20-39.....	3.5	51	14	9
40-59.....	1.4	66	12	12
60 and over.....	2.2	59	11	11
11-24.....	2.7	44	18	6
20 and over.....	7.1	57	13	10
All individuals 2 and over.....	18.9	42	25	20
131-350% poverty:				
Males:				
2-5.....	1.4	19	41	41
6-11.....	2.4	12	49	46
12-19.....	2.4	19	57	31
20-39.....	7.1	41	27	24
40-59.....	3.9	45	27	27
60 and over.....	3.4	45	23	23
11-24.....	4.3	25	43	23
20 and over.....	14.4	43	26	25
Females:				
2-5.....	1.3	22	39	39
6-11.....	1.9	18	40	36
12-19.....	2.5	37	28	10
20-39.....	6.9	51	15	13
40-59.....	4.1	57	14	14
60 and over.....	4.5	59	13	13
11-24.....	4.5	39	24	9
20 and over.....	15.5	55	14	13
All individuals 2 and over.....	41.7	41	26	23

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued



Table 16B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	23	39	39
6-11.....	1.3	13	62	56
12-19.....	2.0	18	52	32
20-39.....	6.4	34	32	28
40-59.....	6.9	44	25	25
60 and over.....	2.7	39	26	26
11-24.....	3.5	22	45	24
20 and over.....	16.0	39	28	27
Females:				
2-5.....	0.9	20	43	43
6-11.....	1.4	22	44	39
12-19.....	1.8	40	28	16
20-39.....	5.8	47	24	18
40-59.....	6.9	54	16	16
60 and over.....	2.6	53	15	15
11-24.....	3.1	38	30	13
20 and over.....	15.3	51	19	16
All individuals 2 and over.....	39.4	41	28	24
All Incomes.....	100.0	41	27	23

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by income, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Income, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
Percent		Ounces cooked lean meat equivalents ‡								
Under 131% poverty:										
Males:										
2-5.....	1.1	3.2	1.1	0.8	0.1	† *	0.7	0.4	*	0.1
6-11.....	1.1	4.1	1.5	.9	.3	*	.9	.3	† *	.1
12-19.....	1.6	6.2	2.6	1.4	.4	† *	1.1	.5	† *	.1
20-39.....	2.5	8.4	3.8	1.5	.6	† .1	† 1.7	.6	† *	.2
40-59.....	1.0	6.7	2.9	1.4	.4	† .1	1.1	.7	† *	.1
60 and over.....	0.9	4.7	1.7	1.1	.4	† .1	.7	.6	† *	.1
20 and over.....	4.4	7.3	3.2	1.4	.5	.1	1.3	.6	† *	.1
Females:										
2-5.....	1.0	3.0	1.1	.7	.2	† *	.6	.3	† *	.1
6-11.....	1.2	3.5	1.4	.8	† .2	† *	.7	.4	† *	.1
12-19.....	1.5	4.3	1.9	.9	.2	† *	.8	.4	† *	† .1
20-39.....	3.5	4.3	1.7	1.1	.4	† *	.6	.4	† *	.1
40-59.....	1.4	4.3	1.6	1.0	.4	† .1	.7	.5	† *	.1
60 and over.....	2.2	3.4	1.1	1.0	.4	† *	.4	.4	† *	.1
20 and over.....	7.1	4.0	1.5	1.0	.4	*	.6	.4	† *	.1
All individuals 2 and over.....	18.9	4.8	2.0	1.1	.4	*	.8	.4	† *	.1
131-350% poverty:										
Males:										
2-5.....	1.4	2.8	.9	.6	.1	*	.7	.2	† *	.2
6-11.....	2.4	3.7	1.4	.8	.2	† *	.8	.3	† *	.2
12-19.....	2.4	6.0	2.8	1.3	.3	† *	1.0	.3	† *	.2
20-39.....	7.1	6.9	3.1	1.7	.4	† *	1.1	.5	† *	.2
40-59.....	3.9	6.4	2.7	1.3	.5	† *	1.1	.5	† *	.2
60 and over.....	3.4	5.0	2.0	1.0	.5	.1	.8	.5	*	.1
20 and over.....	14.4	6.3	2.7	1.4	.5	*	1.0	.5	*	.2
Females:										
2-5.....	1.3	2.6	.8	.7	.1	† *	.5	.2	† *	.2
6-11.....	1.9	3.0	1.2	.6	.2	† *	.7	.2	† *	.2
12-19.....	2.5	3.6	1.5	.9	.3	† *	.5	.2	† *	.1
20-39.....	6.9	3.9	1.5	1.1	.3	† *	.5	.3	*	.1
40-59.....	4.1	4.0	1.6	1.1	.4	† *	.5	.3	† *	.1
60 and over.....	4.5	3.7	1.3	.9	.5	*	.5	.3	*	.1
20 and over.....	15.5	3.9	1.5	1.0	.4	*	.5	.3	*	.1
All individuals 2 and over.....	41.7	4.7	1.9	1.1	.4	*	.7	.4	*	.1

‡ See "appendix D" for definitions of servings.

Continued

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

**Table 17A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Income, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
Percent		Ounces cooked lean meat equivalents ‡								
Over 350% poverty:										
Males:										
2-5.....	0.8	2.3	0.7	0.6	0.1	0.0	0.5	0.2	† *	0.2
6-11.....	1.3	3.4	1.3	.7	† .2	† *	.7	.2	† *	.2
12-19.....	2.0	5.7	2.4	1.5	.3	† *	1.0	.3	† *	.2
20-39.....	6.4	6.4	2.7	1.6	.6	† *	1.0	.3	† *	.2
40-59.....	6.9	6.4	2.5	1.7	.6	† *	.9	.5	† *	.2
60 and over.....	2.7	5.2	2.0	1.2	.7	† *	.7	.4	† *	.2
20 and over.....	16.0	6.2	2.5	1.6	.6	*	.9	.4	*	.2
Females:										
2-5.....	0.9	2.3	.6	.6	.1	† *	.6	.2	† *	.2
6-11.....	1.4	2.6	.8	.7	.2	† *	.6	.1	† *	.2
12-19.....	1.8	3.3	1.3	.9	.2	† *	.5	.2	† *	.1
20-39.....	5.8	3.8	1.4	1.1	.4	† *	.5	.2	*	.1
40-59.....	6.9	3.9	1.4	1.1	.5	† *	.5	.3	*	.1
60 and over.....	2.6	3.8	1.3	1.1	.6	† *	.4	.3	† *	.1
20 and over.....	15.3	3.8	1.4	1.1	.5	*	.5	.3	*	.1
All individuals 2 and over.....	39.4	4.8	1.8	1.2	.5	*	.7	.3	*	.2
All Incomes.....	100.0	4.7	1.9	1.2	.4	*	.7	.4	*	.1

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent		Percent	
Under 131% poverty:				
Males:				
2-5.....	1.1	7	14	22
6-11.....	1.1	† 1	29	26
12-19.....	1.6	† 1	59	48
20-39.....	2.5	† 1	68	56
40-59.....	1.0	† 1	65	58
60 and over.....	0.9	4	42	39
20 and over.....	4.4	2	62	53
Females:				
2-5.....	1.0	10	11	22
6-11.....	1.2	† 3	19	17
12-19.....	1.5	† 6	35	33
20-39.....	3.5	5	30	27
40-59.....	1.4	7	32	29
60 and over.....	2.2	9	18	18
20 and over.....	7.1	7	27	25
All individuals 2 and over.....	18.9	5	36	33
131-350% poverty:				
Males:				
2-5.....	1.4	12	10	15
6-11.....	2.4	7	21	18
12-19.....	2.4	† 3	50	41
20-39.....	7.1	† 2	64	55
40-59.....	3.9	† 2	64	54
60 and over.....	3.4	2	46	40
20 and over.....	14.4	2	60	51
Females:				
2-5.....	1.3	13	7	15
6-11.....	1.9	6	10	8
12-19.....	2.5	7	21	16
20-39.....	6.9	6	26	23
40-59.....	4.1	5	25	23
60 and over.....	4.5	5	21	21
20 and over.....	15.5	6	24	22
All individuals 2 and over.....	41.7	5	36	31

‡ See "Table notes."

† See "Statistical notes," appendix B.

Continued

Table 17B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent		Percent	
Over 350% poverty:				
Males:				
2-5.....	0.8	17	† 4	12
6-11.....	1.3	9	21	13
12-19.....	2.0	† 4	53	37
20-39.....	6.4	† 1	65	51
40-59.....	6.9	2	63	53
60 and over.....	2.7	† 2	47	40
20 and over.....	16.0	2	61	50
Females:				
2-5.....	0.9	13	† 3	10
6-11.....	1.4	11	† 6	† 3
12-19.....	1.8	11	19	16
20-39.....	5.8	7	25	23
40-59.....	6.9	6	26	24
60 and over.....	2.6	4	26	25
20 and over.....	15.3	6	26	24
All individuals 2 and over.....	39.4	5	39	33
All Incomes.....	100.0	5	37	32

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 18.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by income, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Income, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat ‡	Added sugars ‡
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons</i>
<b>Under 131% poverty:</b>							
Males:							
2-5.....	1.1	1554	33.8	26.0	14.2	45.2	13.9
6-11.....	1.1	1957	33.5	25.7	17.1	56.7	21.3
12-19.....	1.6	2613	34.4	26.2	18.5	77.5	30.1
20-39.....	2.5	3105	34.1	25.2	16.4	90.3	32.4
40-59.....	1.0	2253	34.1	24.4	13.1	62.6	19.2
60 and over.....	0.9	1589	33.9	24.3	12.3	44.1	12.2
20 and over.....	4.4	2604	34.0	24.9	14.8	74.6	25.3
Females:							
2-5.....	1.0	1479	33.6	26.1	14.9	43.0	14.0
6-11.....	1.2	1658	33.8	26.0	16.7	48.5	17.6
12-19.....	1.5	1860	33.3	25.2	19.4	52.8	22.6
20-39.....	3.5	1684	33.0	24.6	17.4	47.4	18.7
40-59.....	1.4	1549	34.4	25.6	15.3	45.5	15.2
60 and over.....	2.2	1252	32.2	23.6	12.2	33.6	9.7
20 and over.....	7.1	1525	33.0	24.5	15.4	42.8	15.3
All individuals 2 and over.....	18.9	1925	33.5	25.1	15.9	55.2	19.8
<b>131-350% poverty:</b>							
Males:							
2-5.....	1.4	1569	32.1	25.2	17.0	44.4	16.7
6-11.....	2.4	1942	32.1	24.8	19.2	54.0	23.4
12-19.....	2.4	2663	33.1	25.4	19.4	75.5	32.9
20-39.....	7.1	2609	33.8	25.4	16.8	74.6	27.3
40-59.....	3.9	2306	34.5	25.6	14.3	66.8	20.8
60 and over.....	3.4	1942	33.0	24.4	12.3	54.3	15.4
20 and over.....	14.4	2370	33.8	25.2	15.0	67.7	22.7
Females:							
2-5.....	1.3	1484	32.4	25.6	17.1	42.9	16.0
6-11.....	1.9	1773	32.7	26.0	19.1	51.5	21.6
12-19.....	2.5	1861	32.6	25.6	20.8	53.7	24.5
20-39.....	6.9	1714	32.2	24.5	17.9	48.1	19.6
40-59.....	4.1	1581	33.6	25.4	15.2	45.6	15.3
60 and over.....	4.5	1432	32.6	24.3	12.9	39.5	11.6
20 and over.....	15.5	1597	32.7	24.7	15.7	44.9	16.1
All individuals 2 and over.....	41.7	1963	33.0	25.1	16.4	55.8	20.5

‡ See "Table notes."

Continued



**Table 18.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Income, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat ‡	Added sugars ‡
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons</i>
Over 350% poverty:							
Males:							
2-5.....	0.8	1493	31.1	24.5	15.8	41.1	14.8
6-11.....	1.3	2026	32.1	25.1	18.8	56.5	24.0
12-19.....	2.0	2857	32.4	24.9	21.7	80.6	38.8
20-39.....	6.4	2561	33.2	25.0	15.0	72.6	24.3
40-59.....	6.9	2352	34.0	25.4	13.4	68.0	20.2
60 and over.....	2.7	2048	32.7	24.4	11.5	57.1	15.1
20 and over.....	16.0	2385	33.5	25.1	13.8	68.0	21.0
Females:							
2-5.....	0.9	1385	30.6	24.2	16.3	37.9	14.2
6-11.....	1.4	1760	30.4	24.0	19.8	47.1	22.3
12-19.....	1.8	1798	31.1	24.1	20.0	48.7	22.7
20-39.....	5.8	1746	31.6	24.2	15.5	48.0	17.4
40-59.....	6.9	1642	33.0	25.1	13.2	46.9	13.8
60 and over.....	2.6	1513	31.0	22.9	12.1	39.4	11.8
20 and over.....	15.3	1660	32.1	24.4	13.9	46.1	14.8
All individuals 2 and over.....	39.4	2028	32.5	24.7	15.0	57.0	19.5
All incomes.....	100.0	1982	32.9	24.9	15.7	56.1	20.0

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.1--Saturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
Under 131% poverty:	Percent	----- Grams -----								
Males and females:										
1-2.....	1.0	0.6	0.4	0.2	0.5	0.7	2.3	10.9	5.0	21.1
3-5.....	1.5	.6	.3	.2	.5	.7	2.2	12.1	5.7	23.0
5 and under ‡ .....	2.9	.5	.3	.3	.5	1.0	2.2	11.1	5.0	21.5
Males:										
6-11.....	1.1	.6	.3	.2	.5	.8	2.6	15.4	7.4	28.6
12-19.....	1.5	.7	.4	.3	.6	.9	3.1	20.9	9.8	37.6
20-39.....	2.4	.8	.4	.3	.7	1.0	3.6	22.6	10.4	40.9
40-59.....	1.0	.5	.3	.2	.4	.7	2.3	16.9	8.0	30.0
60 and over.....	0.9	.4	.2	.2	.3	.6	1.7	11.5	5.5	20.9
20 and over.....	4.3	.7	.3	.3	.5	.9	2.9	19.0	8.9	34.3
Females:										
6-11.....	1.3	.6	.3	.2	.5	.7	2.3	13.4	6.5	25.1
12-19.....	1.4	.5	.3	.2	.4	.8	2.4	14.5	6.7	26.5
20-39.....	3.4	.4	.2	.2	.3	.7	1.9	12.5	5.8	22.6
40-59.....	1.3	.3	.2	.2	.3	.7	1.7	11.7	5.6	21.3
60 and over.....	2.2	.3	.2	.1	.2	.4	1.2	8.2	3.9	14.9
20 and over.....	6.9	.3	.2	.2	.3	.6	1.6	11.0	5.2	19.9
All individuals.....	19.2	.5	.3	.2	.4	.8	2.3	14.2	6.7	26.0
131-350% poverty:										
Males and females:										
1-2.....	1.3	.6	.3	.2	.5	.8	2.2	10.0	4.6	19.8
3-5.....	2.0	.5	.3	.2	.4	.7	2.1	11.4	5.4	21.9
5 and under ‡ .....	3.8	.5	.3	.3	.5	1.1	2.1	10.3	4.7	20.3
Males:										
6-11.....	2.3	.6	.3	.2	.5	.8	2.5	14.2	6.8	26.7
12-19.....	2.4	.8	.4	.3	.6	1.1	3.2	19.1	9.0	35.6
20-39.....	6.9	.6	.3	.2	.5	.9	2.9	19.2	9.0	34.6
40-59.....	3.9	.5	.3	.2	.4	.7	2.4	16.6	7.9	29.9
60 and over.....	3.2	.4	.2	.2	.4	.7	2.0	13.4	6.4	24.4
20 and over.....	14.0	.6	.3	.2	.5	.8	2.5	17.2	8.1	30.9
Females:										
6-11.....	1.8	.6	.3	.2	.5	.8	2.3	13.0	6.3	24.8
12-19.....	2.4	.5	.3	.2	.4	.7	2.2	13.0	6.1	24.2
20-39.....	6.9	.4	.2	.2	.3	.6	1.8	11.9	5.6	21.7
40-59.....	3.9	.4	.2	.2	.4	.7	1.8	11.4	5.4	21.1
60 and over.....	4.3	.3	.2	.1	.3	.5	1.4	9.6	4.6	17.4
20 and over.....	15.1	.4	.2	.2	.3	.6	1.7	11.1	5.2	20.3
All individuals.....	41.8	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.5

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 19.1--Saturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	Percent	----- Grams -----								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	0.6	0.3	0.2	0.4	0.7	2.0	8.6	3.9	17.3
3-5.....	1.2	.5	.3	.2	.4	.6	1.9	10.2	4.9	19.5
5 and under ‡ .....	2.3	.5	.3	.3	.4	1.0	1.9	9.1	4.2	18.2
Males:										
6-11.....	1.3	.6	.4	.3	.5	1.0	2.6	14.4	6.8	27.3
12-19.....	2.0	.8	.4	.3	.6	1.1	3.3	19.6	9.4	36.7
20-39.....	6.2	.7	.4	.3	.6	.9	3.0	18.8	8.6	34.1
40-59.....	6.7	.5	.3	.2	.4	.8	2.4	16.5	7.8	29.7
60 and over.....	2.7	.5	.3	.2	.4	.7	2.1	13.9	6.6	25.3
20 and over.....	15.6	.6	.3	.2	.5	.8	2.6	17.0	7.9	30.7
Females:										
6-11.....	1.3	.5	.3	.2	.4	.8	2.1	11.8	5.7	22.5
12-19.....	1.8	.5	.3	.2	.4	.8	2.1	12.4	5.9	23.4
20-39.....	5.5	.5	.2	.2	.4	.7	1.9	11.6	5.4	21.4
40-59.....	6.8	.4	.2	.2	.3	.6	1.6	10.8	5.0	19.5
60 and over.....	2.5	.3	.2	.1	.3	.5	1.4	9.7	4.5	17.4
20 and over.....	14.8	.4	.2	.2	.3	.6	1.7	10.9	5.1	19.8
All individuals.....	39.0	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.4
All Incomes.....	100.0	.5	.3	.2	.4	.8	2.2	13.9	6.5	25.6

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.2--Monounsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
Under 131% poverty:	<i>Percent</i>	<i>----- Grams -----</i>				
Males and females:						
1-2.....	1.0	1.1	17.3	0.1	*	18.9
3-5.....	1.5	1.3	21.2	.1	*	23.0
5 and under ‡ .....	2.9	1.1	18.7	.1	*	20.2
Males:						
6-11.....	1.1	1.5	28.5	.1	*	30.6
12-19.....	1.5	2.2	39.6	.2	*	42.8
20-39.....	2.4	2.3	41.8	.2	*	45.1
40-59.....	1.0	1.9	32.4	.2	*	35.0
60 and over.....	0.9	1.3	21.7	.1	*	23.4
20 and over.....	4.3	2.0	35.5	.2	*	38.3
Females:						
6-11.....	1.3	1.3	24.0	.1	*	25.9
12-19.....	1.4	1.5	26.3	.1	† *	28.4
20-39.....	3.4	1.3	23.7	.1	*	25.6
40-59.....	1.3	1.3	22.5	.1	*	24.2
60 and over.....	2.2	.9	15.9	.1	*	17.1
20 and over.....	6.9	1.2	21.0	.1	*	22.7
All individuals.....	19.2	1.5	26.3	.1	*	28.4
131-350% poverty:						
Males and females:						
1-2.....	1.3	1.0	16.7	.1	*	18.1
3-5.....	2.0	1.1	20.8	.1	*	22.4
5 and under ‡ .....	3.8	.9	18.1	.1	*	19.5
Males:						
6-11.....	2.3	1.4	26.1	.1	*	28.1
12-19.....	2.4	1.8	36.0	.1	.1	38.8
20-39.....	6.9	2.0	36.8	.2	.1	39.6
40-59.....	3.9	1.8	32.4	.2	*	34.8
60 and over.....	3.2	1.4	26.4	.1	*	28.3
20 and over.....	14.0	1.8	33.2	.2	*	35.7
Females:						
6-11.....	1.8	1.2	24.5	.1	*	26.3
12-19.....	2.4	1.2	24.2	.1	*	26.1
20-39.....	6.9	1.2	23.1	.1	*	24.7
40-59.....	3.9	1.1	21.6	.1	*	23.2
60 and over.....	4.3	1.0	19.2	.1	*	20.5
20 and over.....	15.1	1.1	21.6	.1	*	23.1
All individuals.....	41.8	1.4	26.5	.1	*	28.5

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 19.2--Monounsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	<i>Percent</i>	<i>----- Grams -----</i>				
Over 350% poverty:						
Males and females:						
1-2.....	0.8	0.8	13.6	*	*	14.8
3-5.....	1.2	1.0	18.6	.1	*	20.0
5 and under ‡ .....	2.3	.8	15.8	.1	*	17.0
Males:						
6-11.....	1.3	1.3	26.4	.1	*	28.4
12-19.....	2.0	1.9	37.2	.2	.1	40.1
20-39.....	6.2	1.9	35.1	.2	.1	37.8
40-59.....	6.7	1.7	32.6	.2	.1	35.0
60 and over.....	2.7	1.4	27.8	.2	*	29.8
20 and over.....	15.6	1.7	32.8	.2	.1	35.2
Females:						
6-11.....	1.3	1.0	22.5	.1	*	24.0
12-19.....	1.8	1.1	24.3	.1	*	26.0
20-39.....	5.5	1.1	22.1	.1	*	23.8
40-59.....	6.8	1.0	21.8	.1	*	23.3
60 and over.....	2.5	.9	19.1	.1	*	20.5
20 and over.....	14.8	1.0	21.5	.1	*	23.0
All individuals.....	39.0	1.3	26.8	.1	*	28.7
All incomes.....	100.0	1.4	26.6	.1	*	28.6

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.3--Polyunsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
Under 131% poverty:	<i>Percent</i>	<i>Grams</i>							
Males and females:									
1-2.....	1.0	7.0	0.8	†*	0.1	*	*	*	7.9
3-5.....	1.5	9.0	.9	†*	.1	*	*	*	10.0
5 and under ‡ ....	2.9	8.0	.8	†*	.1	*	*	*	9.0
Males:									
6-11.....	1.1	11.8	1.1	†*	.1	*	†*	*	13.2
12-19.....	1.5	17.8	1.8	†*	.2	*	*	.1	20.0
20-39.....	2.4	19.6	2.0	†*	.2	*	*	.1	22.1
40-59.....	1.0	15.5	1.5	†*	.2	†*	*	.1	17.4
60 and over.....	0.9	10.2	1.1	*	.1	*	*	.1	11.6
20 and over.....	4.3	16.7	1.7	*	.2	*	*	.1	18.8
Females:									
6-11.....	1.3	10.0	1.0	†*	.1	*	*	*	11.3
12-19.....	1.4	11.8	1.1	†*	.1	*	†*	†*	13.2
20-39.....	3.4	11.7	1.1	*	.1	*	*	.1	13.2
40-59.....	1.3	11.2	1.1	*	.1	*	*	.1	12.7
60 and over.....	2.2	8.4	.9	†*	.1	*	*	.1	9.4
20 and over.....	6.9	10.6	1.0	*	.1	*	*	.1	11.9
All individuals.....	19.2	12.2	1.2	*	.1	*	*	.1	13.8
131-350% poverty:									
Males and females:									
1-2.....	1.3	6.7	.7	†*	.1	*	*	*	7.6
3-5.....	2.0	8.8	.8	†*	.1	*	*	*	9.8
5 and under ‡ ....	3.8	7.8	.8	*	.1	*	*	*	8.8
Males:									
6-11.....	2.3	11.2	1.1	†*	.1	*	*	*	12.5
12-19.....	2.4	15.7	1.5	†*	.1	*	*	.1	17.6
20-39.....	6.9	17.4	1.7	*	.2	*	*	.1	19.5
40-59.....	3.9	15.6	1.6	*	.2	*	*	.1	17.6
60 and over.....	3.2	13.1	1.3	*	.1	*	*	.1	14.7
20 and over.....	14.0	15.9	1.6	*	.2	*	*	.1	17.9
Females:									
6-11.....	1.8	10.5	1.0	†*	.1	†*	*	*	11.7
12-19.....	2.4	11.8	1.2	†*	.1	*	*	*	13.3
20-39.....	6.9	11.4	1.1	*	.1	*	*	*	12.8
40-59.....	3.9	11.6	1.2	*	.1	*	*	.1	13.1
60 and over.....	4.3	9.9	1.0	†*	.1	*	*	.1	11.2
20 and over.....	15.1	11.1	1.1	*	.1	*	*	.1	12.5
All individuals.....	41.8	12.7	1.3	*	.1	*	*	.1	14.3

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 19.3--Polyunsaturated fatty acids: Mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	<i>Percent</i>	<i>Grams</i>							
Over 350% poverty:									
Males and females:									
1-2.....	0.8	5.3	0.6	† *	*	*	*	*	6.0
3-5.....	1.2	7.8	.8	† *	.1	*	*	*	8.7
5 and under ‡ ....	2.3	6.8	.7	*	*	*	*	*	7.6
Males:									
6-11.....	1.3	11.3	1.0	† *	.1	*	*	*	12.6
12-19.....	2.0	16.2	1.6	*	.1	† *	*	*	18.2
20-39.....	6.2	17.2	1.7	*	.2	*	*	.1	19.4
40-59.....	6.7	16.6	1.7	*	.2	*	*	.1	18.7
60 and over.....	2.7	15.0	1.5	*	.1	.1	*	.1	17.0
20 and over.....	15.6	16.6	1.7	*	.2	*	*	.1	18.7
Females:									
6-11.....	1.3	10.4	1.0	† *	.1	† *	*	*	11.5
12-19.....	1.8	10.9	1.0	† *	.1	† *	*	*	12.2
20-39.....	5.5	11.9	1.2	*	.1	*	*	.1	13.5
40-59.....	6.8	12.1	1.2	*	.1	*	*	.1	13.7
60 and over.....	2.5	11.3	1.2	*	.1	*	*	.1	12.9
20 and over.....	14.8	11.9	1.2	*	.1	*	*	.1	13.4
All individuals.....	39.0	13.6	1.4	*	.1	*	*	.1	15.3
All Incomes.....	100.0	12.9	1.3	*	.1	*	*	.1	14.6

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994-96

Income, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
<i>Percent</i> ----- <i>Percent</i> -----					
Under 131% poverty:					
Males:					
20-39.....	2.4	26.2	32.9	51.9	17.3
40-59.....	1.0	27.2	36.3	65.6	22.2
60 and over.....	0.9	25.9	33.5	60.6	18.0
20 and over.....	4.3	26.4	33.8	56.9	18.5
Females:					
20-39.....	3.4	26.1	35.3	47.3	23.7
40-59.....	1.3	29.1	53.1	65.5	38.9
60 and over.....	2.2	27.0	42.6	60.8	26.5
20 and over.....	6.9	26.9	41.0	55.1	27.5
All individuals.....	11.2	26.7	38.1	55.8	24.0
131-350% poverty:					
Males:					
20-39.....	6.9	26.1	28.3	55.0	15.3
40-59.....	3.9	27.0	35.6	64.9	20.3
60 and over.....	3.2	26.2	31.4	56.9	17.1
20 and over.....	14.0	26.4	31.0	58.2	17.1
Females:					
20-39.....	6.9	24.8	24.9	37.8	15.6
40-59.....	3.9	27.1	41.1	58.5	27.0
60 and over.....	4.3	26.2	37.7	54.5	19.6
20 and over.....	15.1	25.8	32.9	48.1	19.7
All individuals.....	29.1	26.1	32.0	53.1	18.4

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.  
Excludes pregnant women.

Continued

Table 20.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
<hr/>					
	<i>Percent</i>		<i>Percent</i>		
Over 350% poverty:					
Males:					
20-39.....	6.2	25.7	23.9	55.0	12.6
40-59.....	6.7	27.5	39.9	72.4	21.8
60 and over.....	2.7	26.2	30.8	59.9	14.6
20 and over.....	15.6	26.5	31.9	63.3	16.9
Females:					
20-39.....	5.5	23.9	19.1	30.5	8.7
40-59.....	6.8	25.9	31.4	47.7	18.9
60 and over.....	2.5	25.2	25.5	43.5	14.1
20 and over.....	14.8	25.0	25.9	40.7	14.4
All individuals.....	30.4	25.8	29.1	52.5	15.7
All Incomes.....	70.7	26.1	31.7	53.2	18.1

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.  
Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Under 131% poverty:								
Males and females:								
1-2.....	1.0	24	1.1	1.5	.6	.6	.2	8
3-5.....	1.5	46	2.2	1.9	.6	.8	.5	8
5 and under ‡ .....	2.9	30	1.4	1.2	.4	.5	.3	6
Males:								
6-11.....	1.1	66	2.0	2.8	1.2	1.3	.5	13
12-19.....	1.5	104	4.0	5.4	2.5	2.1	1.0	26
20-39.....	2.4	244	8.1	11.5	4.7	3.9	2.3	35
40-59.....	1.0	76	3.2	4.2	1.4	1.8	1.0	19
60 and over.....	0.9	42	1.8	2.2	.8	.9	.5	10
20 and over.....	4.3	145	4.6	6.1	2.6	2.1	1.2	19
Females:								
6-11.....	1.3	52	2.5	2.7	1.0	1.1	.5	16
12-19.....	1.4	58	2.1	2.4	.9	1.0	.7	11
20-39.....	3.4	42	1.6	1.9	.7	.8	.7	10
40-59.....	1.3	57	2.6	2.8	1.1	1.2	.6	15
60 and over.....	2.2	28	1.3	1.5	.5	.7	.3	7
20 and over.....	6.9	28	1.1	1.4	.5	.6	.4	6
All individuals.....	19.2	46	1.5	2.0	.8	.8	.4	7
131-350% poverty:								
Males and females:								
1-2.....	1.3	26	.9	1.1	.5	.4	.2	6
3-5.....	2.0	27	1.0	1.3	.6	.4	.3	7
5 and under ‡ .....	3.8	23	.9	.9	.4	.3	.2	5
Males:								
6-11.....	2.3	40	1.5	1.7	.7	.7	.4	10
12-19.....	2.4	85	3.4	3.4	1.3	1.3	.8	13
20-39.....	6.9	51	2.0	2.1	.8	.9	.6	12
40-59.....	3.9	50	2.2	2.4	.9	1.0	.6	13
60 and over.....	3.2	31	1.4	1.5	.6	.6	.3	10
20 and over.....	14.0	32	1.4	1.4	.5	.6	.4	8
Females:								
6-11.....	1.8	35	2.0	1.5	.6	.6	.4	7
12-19.....	2.4	53	1.7	2.1	.8	.8	.5	12
20-39.....	6.9	41	1.5	1.7	.6	.7	.4	8
40-59.....	3.9	28	1.2	1.5	.6	.5	.5	9
60 and over.....	4.3	22	1.0	1.2	.4	.5	.3	5
20 and over.....	15.1	22	.8	1.0	.4	.4	.2	5
All individuals.....	41.8	18	.7	.8	.3	.3	.2	4

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>					<i>Milligrams</i>
Over 350% poverty:								
Males and females:								
1-2.....	0.8	26	1.0	1.2	.5	.5	.2	8
3-5.....	1.2	33	1.1	1.7	.7	.7	.3	5
5 and under ‡ .....	2.3	23	.9	1.1	.4	.5	.2	5
Males:								
6-11.....	1.3	47	2.2	2.2	1.0	.8	.5	13
12-19.....	2.0	94	4.2	4.3	1.8	1.7	.8	21
20-39.....	6.2	51	2.1	2.1	.8	.9	.6	10
40-59.....	6.7	42	1.9	2.1	.8	.9	.5	9
60 and over.....	2.7	34	1.3	1.9	.7	.7	.5	9
20 and over.....	15.6	31	1.3	1.4	.6	.6	.3	7
Females:								
6-11.....	1.3	66	2.2	2.5	1.0	1.0	.5	9
12-19.....	1.8	70	2.4	2.8	1.1	1.1	.6	12
20-39.....	5.5	40	1.7	2.0	.8	.7	.5	7
40-59.....	6.8	22	1.1	1.2	.4	.5	.4	6
60 and over.....	2.5	36	1.5	1.8	.6	.7	.5	10
20 and over.....	14.8	18	.8	.9	.4	.4	.3	4
All individuals.....	39.0	16	.8	.8	.3	.3	.2	4
All incomes.....	100.0	16	0.6	0.7	0.3	0.3	0.2	3

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol -----equivalents-----		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	3.3	.3	32	25	.2	5	.03
3-5.....	6.0	.7	47	30	.2	5	.05
5 and under ‡ .....	4.0	.4	40	21	.2	4	.03
Males:							
6-11.....	9.6	.7	56	27	.3	8	.07
12-19.....	11.9	.5	101	75	.4	8	.09
20-39.....	27.4	1.0	73	42	1.0	12	.14
40-59.....	11.2	.9	147	42	.5	18	.08
60 and over.....	5.4	.6	207	56	.3	4	.05
20 and over.....	18.0	.7	64	29	.5	10	.09
Females:							
6-11.....	6.2	.5	66	28	.3	7	.05
12-19.....	8.9	.6	46	30	.4	6	.06
20-39.....	6.4	.4	60	51	.4	6	.04
40-59.....	7.2	.6	47	44	.3	7	.06
60 and over.....	3.8	.4	96	48	.2	4	.03
20 and over.....	3.7	.2	35	27	.2	4	.03
All individuals.....	5.5	.2	28	18	.2	3	.03
131-350% poverty:							
Males and females:							
1-2.....	4.2	.3	25	19	.1	2	.02
3-5.....	4.0	.2	27	21	.2	4	.03
5 and under ‡ .....	3.6	.2	22	15	.1	2	.02
Males:							
6-11.....	6.5	.4	48	37	.3	4	.05
12-19.....	11.8	1.0	78	69	.4	9	.08
20-39.....	6.9	.5	58	27	.4	6	.04
40-59.....	5.6	.5	109	60	.3	5	.05
60 and over.....	4.3	.5	81	34	.3	3	.04
20 and over.....	4.2	.3	64	24	.3	3	.02
Females:							
6-11.....	4.9	.3	35	27	.2	4	.03
12-19.....	8.8	.4	56	31	.3	9	.05
20-39.....	5.3	.5	52	34	.3	4	.03
40-59.....	3.5	.4	65	39	.3	3	.03
60 and over.....	2.9	.3	55	32	.3	2	.03
20 and over.....	2.8	.3	31	17	.2	1	.02
All individuals.....	2.5	.2	29	14	.1	2	.01

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
			<i>Micrograms retinol equivalents</i>		<i>Milligrams alpha-tocopherol equivalents</i>		
	<i>Grams</i>					<i>Milligrams</i>	
Over 350% poverty:							
Males and females:							
1-2.....	3.8	.2	27	22	.2	6	.03
3-5.....	4.6	.3	37	36	.2	5	.03
5 and under ‡ .....	3.0	.2	25	22	.2	3	.02
Males:							
6-11.....	6.2	.4	51	44	.3	9	.07
12-19.....	11.6	.9	81	39	.5	10	.08
20-39.....	6.8	.7	60	47	.4	6	.05
40-59.....	5.3	.4	43	27	.2	3	.04
60 and over.....	5.3	.6	57	41	.6	4	.05
20 and over.....	4.1	.4	31	25	.2	3	.03
Females:							
6-11.....	10.4	.5	62	51	.8	5	.07
12-19.....	10.5	.8	71	54	.4	10	.06
20-39.....	4.6	.4	83	73	.3	4	.03
40-59.....	3.1	.3	41	30	.3	5	.03
60 and over.....	4.8	.4	57	50	.3	5	.03
20 and over.....	2.2	.3	42	34	.2	3	.02
All individuals.....	2.3	.2	26	19	.2	2	.02
All incomes.....	2.1	0.1	17	11	0.1	2	0.01

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Under 131% poverty:							
Males and females:							
1-2.....	.04	.4	.04	6	.11	19	19
3-5.....	.05	.5	.05	10	.31	31	38
5 and under ‡ .....	.04	.3	.03	6	.34	21	25
Males:							
6-11.....	.10	.6	.08	16	.18	43	43
12-19.....	.12	.9	.11	16	.58	83	72
20-39.....	.21	2.1	.15	18	3.88	94	139
40-59.....	.10	1.2	.10	14	1.47	44	50
60 and over.....	.07	.6	.05	10	1.84	24	26
20 and over.....	.11	1.2	.09	12	1.97	56	78
Females:							
6-11.....	.06	.7	.06	12	.56	35	34
12-19.....	.08	.8	.07	12	.44	41	36
20-39.....	.05	.7	.05	11	.18	20	27
40-59.....	.07	.7	.06	12	.16	31	35
60 and over.....	.05	.4	.04	7	.70	17	18
20 and over.....	.03	.4	.03	5	.25	13	17
All individuals.....	.03	.4	.03	4	.51	17	23
131-350% poverty:							
Males and females:							
1-2.....	.03	.3	.03	4	.09	22	18
3-5.....	.04	.4	.04	7	.10	20	20
5 and under ‡ .....	.03	.3	.03	5	.08	15	17
Males:							
6-11.....	.07	.6	.06	10	.17	30	28
12-19.....	.11	1.1	.10	19	.37	54	63
20-39.....	.06	.7	.07	9	.31	31	32
40-59.....	.05	.7	.05	7	.59	23	30
60 and over.....	.05	.6	.05	8	.66	17	22
20 and over.....	.04	.5	.04	6	.37	17	20
Females:							
6-11.....	.05	.6	.05	8	.16	27	31
12-19.....	.06	.7	.08	13	.21	24	27
20-39.....	.05	.5	.04	8	.38	24	32
40-59.....	.04	.4	.04	6	.44	25	23
60 and over.....	.04	.4	.03	6	.44	16	18
20 and over.....	.03	.3	.02	4	.27	15	18
All individuals.....	.02	.2	.02	4	.19	11	13

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Over 350% poverty:							
Males and females:							
1-2.....	.03	.4	.04	6	.08	18	19
3-5.....	.04	.3	.04	6	.13	25	23
5 and under ‡ .....	.03	.2	.03	4	.09	18	19
Males:							
6-11.....	.08	.7	.07	13	.35	36	34
12-19.....	.14	1.1	.12	22	.36	58	73
20-39.....	.06	.9	.07	11	.79	28	33
40-59.....	.04	.6	.04	8	.79	19	27
60 and over.....	.06	.4	.05	13	.43	26	25
20 and over.....	.03	.4	.03	6	.57	16	20
Females:							
6-11.....	.10	.9	.10	16	.24	41	46
12-19.....	.07	.8	.06	12	.28	36	43
20-39.....	.04	.5	.05	10	.24	22	26
40-59.....	.04	.4	.04	7	.47	14	16
60 and over.....	.04	.5	.05	7	.41	23	26
20 and over.....	.02	.3	.03	5	.25	11	12
All individuals.....	.02	.3	.02	4	.29	9	10
All Incomes.....	0.02	0.2	0.01	2	0.18	7	9

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day,  
1994-96--continued

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Under 131% poverty:						
Males and females:						
1-2.....	3	.3	.2	*	62	40
3-5.....	8	.6	.4	*	79	66
5 and under ‡ .....	5	.3	.2	*	58	46
Males:						
6-11.....	9	.6	.4	*	108	92
12-19.....	14	.9	.8	.1	160	153
20-39.....	21	2.4	1.7	.1	325	245
40-59.....	13	.6	.6	.1	143	137
60 and over.....	7	.5	.3	.1	80	56
20 and over.....	13	1.3	.9	.1	191	138
Females:						
6-11.....	6	.6	.5	*	91	67
12-19.....	7	.5	.3	.1	131	77
20-39.....	7	.5	.4	*	73	58
40-59.....	8	.6	.4	*	90	82
60 and over.....	4	.4	.2	*	51	41
20 and over.....	4	.3	.2	*	51	32
All individuals.....	4	.4	.3	*	65	42
131-350% poverty:						
Males and females:						
1-2.....	3	.3	.1	*	49	36
3-5.....	4	.3	.2	*	46	43
5 and under ‡ .....	3	.2	.2	*	39	36
Males:						
6-11.....	6	.6	.3	*	80	54
12-19.....	13	1.1	.7	.1	186	152
20-39.....	8	.6	.4	*	98	61
40-59.....	6	.5	.6	.1	101	63
60 and over.....	6	.4	.3	*	58	54
20 and over.....	6	.3	.3	*	64	43
Females:						
6-11.....	6	.4	.4	*	72	50
12-19.....	6	.5	.4	*	92	69
20-39.....	7	.3	.3	*	72	61
40-59.....	5	.2	.2	*	69	41
60 and over.....	4	.3	.2	*	64	44
20 and over.....	4	.2	.2	*	47	33
All individuals.....	3	.2	.2	*	41	26

‡ Includes infants under 1; excludes breast-fed children.

Continued

\* Value less than .05 but greater than 0

Table 1se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by income, 1 day,  
1994-96--continued

Income, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Over 350% poverty:						
Males and females:						
1-2.....	4	.3	.2	*	37	49
3-5.....	4	.4	.2	*	79	47
5 and under ‡ .....	4	.3	.2	*	57	39
Males:						
6-11.....	6	.8	.4	*	101	64
12-19.....	14	1.2	.7	.1	176	138
20-39.....	9	.6	.5	.1	84	82
40-59.....	6	.4	.3	*	73	61
60 and over.....	7	.5	.4	*	66	61
20 and over.....	5	.3	.2	*	52	47
Females:						
6-11.....	8	.8	.6	*	118	77
12-19.....	9	.6	.4	.1	109	87
20-39.....	7	.4	.3	*	61	69
40-59.....	4	.4	.2	*	49	42
60 and over.....	6	.4	.4	*	67	58
20 and over.....	3	.2	.2	*	33	35
All individuals.....	3	.2	.1	*	31	28
All incomes.....	2	0.1	0.1	*	30	21

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than .05 but greater than 0

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	Percent of RDA							
Under 131% poverty:									
Males and females:									
1-2.....	1.0	2	7	8	3	11	4	4	5
3-5.....	1.5	3	11	10	3	11	5	5	5
5 and under ‡ .....	2.9	2	7	9	4	9	4	4	3
Males:									
6-11.....	1.1	3	8	9	4	17	7	8	5
12-19.....	1.5	4	7	10	4	15	6	7	5
20-39.....	2.4	8	13	7	10	19	9	12	11
40-59.....	1.0	3	5	15	5	30	5	6	7
60 and over.....	0.9	2	3	21	3	6	4	5	4
20 and over.....	4.3	5	8	6	5	17	6	7	6
Females:									
6-11.....	1.3	3	9	13	4	14	5	5	5
12-19.....	1.4	3	5	6	5	12	6	6	5
20-39.....	3.4	2	3	8	4	10	4	4	4
40-59.....	1.3	3	5	6	4	12	6	5	5
60 and over.....	2.2	1	3	12	2	7	3	4	3
20 and over.....	6.9	1	2	4	3	6	3	2	3
All individuals.....	19.2	2	3	4	2	5	2	2	2
131-350% poverty:									
Males and females:									
1-2.....	1.3	2	6	6	2	6	3	4	4
3-5.....	2.0	2	5	6	3	8	4	5	4
5 and under ‡ .....	3.8	1	5	5	3	5	3	4	3
Males:									
6-11.....	2.3	2	6	6	4	8	5	6	5
12-19.....	2.4	3	7	8	4	16	6	7	6
20-39.....	6.9	2	3	6	4	9	3	4	4
40-59.....	3.9	2	3	11	3	8	3	3	4
60 and over.....	3.2	1	2	8	3	5	3	4	4
20 and over.....	14.0	1	2	6	3	5	2	2	3
Females:									
6-11.....	1.8	2	6	6	2	10	3	4	4
12-19.....	2.4	2	4	7	4	15	5	4	5
20-39.....	6.9	2	3	6	3	6	3	4	3
40-59.....	3.9	1	2	8	4	6	3	3	3
60 and over.....	4.3	1	2	7	3	4	3	3	3
20 and over.....	15.1	1	2	4	2	2	2	2	2
All individuals.....	41.8	1	2	3	1	3	1	2	2

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
Over 350% poverty:									
Males and females:									
1-2.....	0.8	2	6	7	3	15	4	4	4
3-5.....	1.2	2	6	9	3	11	4	4	3
5 and under ‡ .....	2.3	1	6	6	5	9	4	5	3
Males:									
6-11.....	1.3	2	8	10	4	19	6	6	5
12-19.....	2.0	3	8	8	5	18	6	8	6
20-39.....	6.2	2	3	6	4	9	3	4	4
40-59.....	6.7	2	3	4	2	6	3	2	3
60 and over.....	2.7	1	2	6	6	7	4	4	3
20 and over.....	15.6	1	2	3	2	5	2	2	3
Females:									
6-11.....	1.3	3	8	10	10	11	7	8	7
12-19.....	1.8	3	5	9	5	18	5	5	5
20-39.....	5.5	2	4	10	4	7	3	3	4
40-59.....	6.8	1	2	5	4	8	2	3	3
60 and over.....	2.5	2	3	7	3	8	3	3	4
20 and over.....	14.8	1	2	5	2	5	2	2	2
All individuals.....	39.0	1	1	3	2	4	2	2	2
All incomes.....	100.0	1	1	2	1	3	1	1	1

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
Under 131% poverty:								
Males and females:								
1-2.....	4	13	16	2	2	4	3	2
3-5.....	4	15	34	4	5	7	6	4
5 and under ‡ .....	3	10	52	3	3	5	3	2
Males:								
6-11.....	6	16	15	5	5	6	6	4
12-19.....	6	9	29	7	6	4	8	6
20-39.....	8	9	194	10	16	6	24	11
40-59.....	5	7	73	5	6	4	6	4
60 and over.....	2	5	92	3	3	2	5	2
20 and over.....	4	6	98	6	9	4	13	6
Females:								
6-11.....	5	13	54	4	4	4	6	5
12-19.....	5	7	22	3	3	3	4	3
20-39.....	3	6	9	2	3	3	4	3
40-59.....	4	7	8	4	4	3	5	3
60 and over.....	3	4	35	2	2	2	4	2
20 and over.....	2	3	13	1	2	2	2	2
All individuals.....	2	3	27	2	3	2	4	2
131-350% poverty:								
Males and females:								
1-2.....	3	8	13	3	2	4	3	1
3-5.....	4	13	12	2	3	4	3	2
5 and under ‡ .....	3	9	10	2	2	3	2	2
Males:								
6-11.....	4	11	13	4	4	4	6	3
12-19.....	5	12	18	5	5	4	9	5
20-39.....	3	5	16	3	4	2	6	3
40-59.....	3	4	30	3	4	2	5	4
60 and over.....	2	4	33	2	3	2	4	2
20 and over.....	2	3	18	2	2	2	3	2
Females:								
6-11.....	3	8	10	3	3	3	4	3
12-19.....	5	8	11	2	2	2	4	3
20-39.....	2	4	19	2	3	2	2	2
40-59.....	3	3	22	3	3	2	2	2
60 and over.....	2	3	22	2	2	2	3	2
20 and over.....	1	2	14	2	2	1	1	1
All individuals.....	1	2	10	1	1	1	2	1

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 2se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
Over 350% poverty:								
Males and females:								
1-2.....	4	12	12	2	2	5	3	2
3-5.....	3	10	16	3	3	5	4	2
5 and under ‡ .....	3	8	10	2	2	4	3	2
Males:								
6-11.....	5	16	26	4	4	5	8	4
12-19.....	6	12	18	5	6	4	10	5
20-39.....	3	5	40	4	4	3	6	3
40-59.....	2	4	40	2	3	2	4	2
60 and over.....	3	7	22	3	3	2	5	3
20 and over.....	2	3	28	2	3	1	3	2
Females:								
6-11.....	7	15	16	5	6	5	7	5
12-19.....	4	7	14	3	4	3	4	4
20-39.....	3	5	12	3	3	2	3	2
40-59.....	2	4	23	2	2	1	3	2
60 and over.....	3	4	21	3	3	2	4	3
20 and over.....	2	3	13	1	1	1	2	1
All individuals.....	1	3	15	1	1	1	2	1
All incomes.....	1	2	9	1	1	1	1	1

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	.7	2.2	2.4	--	--	.7	1.2	2.0	2.0
3-5.....	1.5	.7	2.2	2.6	--	--	.3	1.1	1.9	1.8
5 and under ‡ .....	2.9	.5	1.2	1.5	--	.2	.5	.7	1.3	1.3
Males:										
6-11.....	1.0	2.2	3.6	3.3	--	--	2.0	3.3	3.6	3.0
12-19.....	1.5	1.7	4.4	4.7	.6	1.1	2.0	4.3	4.7	4.1
20-39.....	2.4	2.6	4.2	5.3	.6	1.8	3.6	3.4	3.8	4.8
40-59.....	1.0	1.8	3.2	3.9	1.3	1.3	3.5	5.8	4.5	4.1
60 and over.....	0.9	3.1	3.6	2.2	1.5	3.3	3.5	3.3	3.8	3.3
20 and over.....	4.3	2.0	3.1	3.7	.7	1.7	3.1	2.0	2.1	2.8
Females:										
6-11.....	1.2	2.7	4.2	3.3	--	.6	1.7	3.3	4.1	3.6
12-19.....	1.4	3.1	5.0	4.0	.3	2.7	3.7	4.1	4.3	3.7
20-39.....	3.4	2.4	2.8	2.0	.9	2.0	3.0	3.1	3.4	3.2
40-59.....	1.4	2.4	3.2	2.3	1.5	2.4	3.5	3.5	3.2	3.0
60 and over.....	2.1	2.3	2.8	1.4	1.5	3.3	3.2	2.3	3.5	3.3
20 and over.....	6.9	1.5	2.0	1.2	.8	1.6	1.9	1.9	2.0	1.9
All individuals.....	19.2	1.0	1.4	1.1	.3	.9	1.2	1.2	1.3	1.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	.6	1.8	2.2	--	.1	.3	.8	1.3	2.0
3-5.....	2.0	1.0	1.9	2.4	--	.3	.4	1.2	1.7	2.2
5 and under ‡ .....	3.8	.8	1.6	2.0	.4	.5	1.0	.7	1.1	1.5
Males:										
6-11.....	2.3	1.1	3.0	3.7	--	.3	1.1	2.0	2.4	2.9
12-19.....	2.3	1.4	3.1	3.6	.5	1.5	2.1	3.4	4.0	3.1
20-39.....	6.9	1.8	2.1	2.4	.5	1.4	1.7	1.9	2.3	2.2
40-59.....	3.8	1.8	3.0	2.6	.8	1.7	2.2	2.7	2.1	2.1
60 and over.....	3.3	1.3	2.0	1.7	.6	1.3	2.2	1.8	2.3	2.3
20 and over.....	14.0	1.1	1.3	1.5	.3	.9	1.1	1.2	1.2	1.4
Females:										
6-11.....	1.9	1.1	2.9	3.0	.6	.6	1.0	2.6	3.0	3.6
12-19.....	2.4	2.2	3.6	3.8	.7	1.6	2.8	3.0	2.9	3.2
20-39.....	6.7	1.5	2.0	1.7	.7	1.3	1.9	3.1	3.0	2.7
40-59.....	4.0	1.1	2.6	1.9	.7	1.4	1.7	2.3	2.9	2.9
60 and over.....	4.4	1.3	1.5	1.2	.7	1.4	2.1	1.8	2.4	2.2
20 and over.....	15.1	.8	1.4	1.0	.4	1.0	1.2	1.6	1.6	1.4
All individuals.....	41.7	.5	.8	1.0	.2	.6	.7	1.0	1.0	.9

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	1.1	2.5	2.9	.6	.6	.9	.8	1.7	2.7
3-5.....	1.2	1.2	2.7	2.7	--	.5	.8	1.4	2.0	2.2
5 and under ‡ .....	2.3	.8	1.9	1.9	.2	.4	.8	.8	1.2	1.5
Males:										
6-11.....	1.3	--	2.6	3.2	--	--	--	1.7	3.4	4.1
12-19.....	2.0	1.2	3.1	3.7	--	.8	2.2	2.8	4.3	3.7
20-39.....	6.3	1.6	2.8	2.4	.3	.9	1.5	2.9	3.4	2.7
40-59.....	6.7	1.0	1.8	2.2	.2	1.1	1.3	1.4	1.9	1.9
60 and over.....	2.6	1.0	2.5	2.1	.7	1.2	1.9	1.3	2.5	2.1
20 and over.....	15.6	.9	1.8	1.6	.1	.7	1.0	1.4	1.9	1.6
Females:										
6-11.....	1.3	1.6	4.1	3.9	.9	1.9	2.6	3.2	4.5	5.2
12-19.....	1.8	2.8	4.3	2.8	1.2	2.2	3.3	3.4	3.6	3.8
20-39.....	5.6	1.9	3.3	2.7	.9	1.5	2.4	2.4	2.4	2.6
40-59.....	6.7	1.1	1.9	1.5	.6	1.3	1.7	1.4	2.0	2.0
60 and over.....	2.5	2.1	2.5	2.7	.9	1.9	2.5	2.2	3.0	3.3
20 and over.....	14.9	.9	1.7	1.6	.4	.8	1.0	1.3	1.6	1.8
All individuals.....	39.1	.5	1.2	.9	.2	.5	.6	.9	1.3	1.3
All incomes.....	100.0	.4	.7	.7	.1	.4	.5	.7	.8	.8

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2.7	2.5	2.2	1.3	2.0	2.4	.4	1.2	1.6
3-5.....	1.5	2.2	2.8	2.9	1.2	1.7	2.0	.3	1.1	2.1
5 and under ‡ .....	2.9	1.5	1.8	1.9	1.0	1.3	1.5	.2	.8	1.2
Males:										
6-11.....	1.0	3.8	3.7	3.5	2.4	4.0	4.4	--	.8	2.7
12-19.....	1.5	4.7	4.4	3.9	2.6	2.9	3.7	.8	2.6	4.9
20-39.....	2.4	3.5	4.1	5.0	3.1	3.6	4.1	1.8	3.3	4.4
40-59.....	1.0	5.6	3.7	3.9	3.8	4.8	5.9	1.8	3.4	5.0
60 and over.....	0.9	3.2	3.0	2.4	2.3	3.3	3.7	1.6	2.9	3.1
20 and over.....	4.3	2.5	2.4	2.7	2.4	2.8	3.5	1.3	2.5	3.5
Females:										
6-11.....	1.2	2.6	3.8	3.0	2.7	2.6	4.0	--	2.0	3.2
12-19.....	1.4	3.6	3.8	3.3	2.8	3.1	3.5	1.8	3.1	3.9
20-39.....	3.4	3.2	4.0	2.6	2.7	3.1	2.9	1.5	2.7	3.1
40-59.....	1.4	2.6	3.2	2.1	3.0	3.3	3.4	1.7	2.5	3.3
60 and over.....	2.1	2.8	2.7	1.4	2.7	2.8	2.7	1.5	2.4	3.5
20 and over.....	6.9	2.0	2.0	1.4	1.9	2.0	2.0	.9	1.6	2.3
All individuals.....	19.2	1.5	1.4	1.2	1.2	1.4	1.4	.5	1.0	1.7
131-350% poverty:										
Males and females:										
1-2.....	1.2	2.0	2.3	2.3	1.2	1.7	2.0	--	.6	1.6
3-5.....	2.0	2.1	2.4	2.1	1.0	1.3	1.5	.4	.7	1.8
5 and under ‡ .....	3.8	1.7	2.1	2.0	.8	1.0	1.2	.2	.4	1.5
Males:										
6-11.....	2.3	2.5	3.5	2.7	1.4	2.0	2.6	.9	1.5	2.7
12-19.....	2.3	2.7	4.0	3.7	2.3	3.0	3.7	1.0	1.7	2.5
20-39.....	6.9	1.3	2.5	2.7	1.3	2.1	2.5	1.0	1.9	2.3
40-59.....	3.8	2.4	2.6	2.3	2.2	2.3	2.3	1.6	2.2	2.6
60 and over.....	3.3	1.5	2.0	1.8	1.4	2.0	2.2	.5	1.2	2.1
20 and over.....	14.0	1.1	1.6	1.7	1.1	1.4	1.6	.7	1.1	1.1
Females:										
6-11.....	1.9	1.6	2.8	2.7	1.7	2.2	2.5	.6	1.8	3.1
12-19.....	2.4	2.8	3.2	3.1	2.6	3.1	3.5	.8	2.3	3.0
20-39.....	6.7	1.9	2.6	2.0	2.0	2.4	2.4	1.4	1.9	2.0
40-59.....	4.0	2.0	2.7	2.2	2.0	2.4	2.4	.6	1.8	2.6
60 and over.....	4.4	1.8	1.9	2.5	1.4	1.4	1.5	.6	1.5	2.0
20 and over.....	15.1	1.3	1.7	1.4	1.2	1.2	1.3	.6	1.0	1.4
All individuals.....	41.7	.8	1.1	1.1	.8	.9	1.0	.4	.6	.8

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	2.5	2.7	2.4	1.1	1.7	2.3	1.0	1.2	2.4
3-5.....	1.2	2.8	3.0	3.0	1.7	2.2	2.6	.4	1.1	2.2
5 and under ‡ .....	2.3	1.6	2.4	2.6	1.0	1.5	1.9	.4	.7	1.7
Males:										
6-11.....	1.3	2.3	3.7	2.7	2.1	3.0	3.0	--	.7	1.8
12-19.....	2.0	2.6	4.0	3.8	2.0	3.4	3.9	.7	1.5	2.8
20-39.....	6.3	1.8	2.6	2.3	2.4	2.6	3.2	.8	2.1	2.2
40-59.....	6.7	1.3	1.8	1.9	1.2	1.8	1.9	.8	1.5	1.8
60 and over.....	2.6	1.7	2.4	2.2	1.4	1.6	2.2	.7	1.2	2.3
20 and over.....	15.6	1.0	1.6	1.4	1.2	1.5	1.8	.5	1.1	1.3
Females:										
6-11.....	1.3	1.5	4.8	4.8	1.8	2.7	3.1	.2	1.7	3.5
12-19.....	1.8	2.9	3.4	3.6	2.9	4.0	4.0	1.8	3.1	4.0
20-39.....	5.6	2.2	3.0	2.8	2.3	2.6	2.5	1.1	1.5	2.3
40-59.....	6.7	1.7	1.7	1.9	1.6	2.1	2.0	.5	1.1	1.6
60 and over.....	2.5	2.5	3.1	2.8	1.8	2.3	2.4	1.3	1.9	3.0
20 and over.....	14.9	1.4	1.7	1.5	1.3	1.7	1.6	.6	.8	1.2
All individuals.....	39.1	.8	1.2	1.1	.9	1.2	1.3	.3	.6	.9
All Incomes.....	100.0	.7	.8	.8	.5	.7	.9	.2	.4	.7

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	.4	.8	1.5	1.0	1.4	2.2	1.0	1.8	2.5
3-5.....	1.5	.3	.8	1.1	.6	1.7	2.4	.7	1.7	2.5
5 and under ‡ .....	2.9	.2	.5	.8	.5	.9	1.2	.5	1.0	1.7
Males:										
6-11.....	1.0	.8	1.2	1.9	.2	2.0	3.7	2.4	3.6	3.9
12-19.....	1.5	1.4	3.8	4.0	.8	1.8	4.1	1.7	3.4	5.0
20-39.....	2.4	1.4	2.4	3.6	1.6	3.1	4.6	3.0	4.0	4.9
40-59.....	1.0	2.0	3.0	2.6	1.1	1.8	3.3	2.4	5.4	3.9
60 and over.....	0.9	1.5	2.6	3.5	1.3	2.7	3.0	2.7	3.0	2.5
20 and over.....	4.3	1.2	2.0	2.4	1.0	2.4	3.2	2.4	3.5	3.0
Females:										
6-11.....	1.2	.3	1.9	2.5	.5	3.1	4.1	1.1	3.1	4.0
12-19.....	1.4	2.2	3.1	4.4	.8	3.1	3.4	1.5	3.7	3.9
20-39.....	3.4	1.7	2.8	3.4	1.5	2.6	3.4	2.0	3.3	3.0
40-59.....	1.4	1.0	3.3	3.2	1.3	2.3	3.0	3.1	3.2	2.8
60 and over.....	2.1	1.2	3.0	3.2	1.3	2.7	3.9	2.6	3.3	3.0
20 and over.....	6.9	1.0	1.9	2.1	1.0	1.7	2.5	1.3	2.3	1.7
All individuals.....	19.2	.5	1.0	1.1	.4	1.0	1.5	.9	1.3	1.2
131-350% poverty:										
Males and females:										
1-2.....	1.2	.1	.4	.9	.6	1.5	2.2	.6	1.8	2.7
3-5.....	2.0	.3	.8	1.5	.6	1.1	1.9	.5	1.7	2.5
5 and under ‡ .....	3.8	.2	.5	1.0	.4	.8	1.3	.4	1.2	2.0
Males:										
6-11.....	2.3	.2	.7	2.0	.6	1.6	2.9	1.8	2.6	3.6
12-19.....	2.3	1.2	2.1	2.8	1.0	1.8	2.6	1.8	3.2	3.7
20-39.....	6.9	1.2	2.3	2.2	.7	1.2	2.3	1.4	2.5	2.6
40-59.....	3.8	1.6	2.3	2.5	.4	1.9	2.5	1.8	3.0	2.5
60 and over.....	3.3	.5	1.2	1.6	.5	.9	1.5	1.0	2.3	2.5
20 and over.....	14.0	.7	1.4	1.2	.3	.8	1.5	.8	1.6	1.7
Females:										
6-11.....	1.9	.3	1.3	2.7	.8	2.4	3.1	1.4	3.1	4.0
12-19.....	2.4	1.4	2.7	2.9	.8	1.9	3.2	1.9	3.5	2.9
20-39.....	6.7	1.6	1.7	2.4	.8	1.9	2.0	1.5	2.3	2.5
40-59.....	4.0	1.0	2.1	3.0	.5	1.5	1.8	1.6	2.2	2.7
60 and over.....	4.4	.8	1.2	1.8	.7	1.3	2.0	1.6	1.9	2.4
20 and over.....	15.1	.8	1.0	1.7	.4	1.0	1.2	.9	1.2	1.5
All individuals.....	41.7	.4	.7	1.0	.2	.6	.9	.6	.9	1.2

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	.6	.9	1.4	1.2	2.5	3.0	1.3	2.4	2.8
3-5.....	1.2	.5	1.0	1.6	.6	1.9	2.2	1.0	2.4	2.8
5 and under ‡ .....	2.3	.4	.6	1.1	.4	1.4	1.8	.6	1.6	1.8
Males:										
6-11.....	1.3	--	1.0	2.3	--	1.0	2.3	1.1	2.1	4.7
12-19.....	2.0	.7	2.0	2.9	.5	1.9	3.2	2.0	3.1	3.5
20-39.....	6.3	.8	1.8	2.5	.3	1.5	2.0	1.7	2.6	3.3
40-59.....	6.7	.7	1.4	1.5	.6	1.0	1.4	1.0	1.6	1.7
60 and over.....	2.6	.4	1.0	1.9	.6	.9	1.3	1.2	1.8	2.1
20 and over.....	15.6	.4	.9	1.4	.3	.7	1.0	.7	1.3	1.5
Females:										
6-11.....	1.3	--	1.9	3.6	1.0	2.5	4.4	1.7	4.1	4.6
12-19.....	1.8	2.2	3.0	3.3	1.7	2.5	3.6	2.7	2.7	3.8
20-39.....	5.6	.9	1.8	2.9	.8	1.8	2.5	1.8	2.3	2.8
40-59.....	6.7	.6	1.4	1.6	.6	1.2	1.6	1.1	1.8	1.9
60 and over.....	2.5	1.0	2.2	2.6	.8	1.9	2.8	1.9	2.7	3.0
20 and over.....	14.9	.4	.9	1.5	.4	.8	1.4	.9	1.5	1.5
All individuals.....	39.1	.3	.7	1.2	.2	.6	.9	.5	1.0	.9
All Incomes.....	100.0	.3	.5	.8	.2	.4	.7	.3	.7	.8

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	--	--	1.0	.2	.8	.8	1.9	2.9	2.6
3-5.....	1.5	--	.3	.7	.3	.3	.3	1.5	1.8	2.7
5 and under ‡ .....	2.9	--	.1	.7	.2	.3	.3	1.2	1.7	1.6
Males:										
6-11.....	1.0	--	.4	2.2	--	1.1	1.2	2.1	2.5	3.7
12-19.....	1.5	1.7	3.9	4.4	1.2	2.0	3.0	3.8	5.0	4.4
20-39.....	2.4	2.0	3.2	4.0	1.3	1.8	2.6	3.0	3.8	3.8
40-59.....	1.0	1.8	2.6	3.7	1.2	3.3	2.8	3.0	5.2	3.8
60 and over.....	0.9	2.5	3.5	3.2	2.1	2.9	3.2	2.9	2.8	2.8
20 and over.....	4.3	1.7	2.4	3.0	1.1	1.4	1.8	2.2	2.0	2.2
Females:										
6-11.....	1.2	.5	.8	1.9	--	.4	1.1	2.5	3.5	3.8
12-19.....	1.4	2.2	3.3	3.9	1.4	2.5	3.7	4.5	3.3	2.2
20-39.....	3.4	2.3	2.9	3.5	1.6	2.3	2.7	2.8	3.0	1.7
40-59.....	1.4	2.1	3.3	3.0	2.6	3.1	3.2	2.9	3.0	2.1
60 and over.....	2.1	1.5	2.7	2.7	1.7	2.7	3.2	3.0	2.6	2.0
20 and over.....	6.9	1.3	1.8	1.8	1.1	1.4	1.7	1.5	1.7	.9
All individuals.....	19.2	.7	1.0	1.1	.5	.8	1.0	.9	1.0	.9
131-350% poverty:										
Males and females:										
1-2.....	1.2	--	.1	.5	--	.3	.4	1.3	2.2	2.8
3-5.....	2.0	--	.3	.6	.2	.3	.5	1.5	2.2	2.5
5 and under ‡ .....	3.8	--	.2	.4	.4	.4	.5	1.1	1.7	2.1
Males:										
6-11.....	2.3	.4	.9	1.5	--	.3	.8	1.5	2.9	3.4
12-19.....	2.3	1.0	2.3	2.9	.5	1.2	1.6	2.4	3.6	3.5
20-39.....	6.9	1.1	1.7	2.1	1.4	1.6	1.8	2.1	2.6	2.8
40-59.....	3.8	1.9	2.2	2.6	.7	1.3	1.4	2.2	2.3	2.4
60 and over.....	3.3	.8	1.6	1.9	.8	1.1	1.5	1.4	2.0	1.9
20 and over.....	14.0	.8	1.1	1.5	.7	.8	.9	1.3	1.5	1.4
Females:										
6-11.....	1.9	.6	1.0	2.4	.6	.6	1.1	1.9	3.4	3.7
12-19.....	2.4	2.0	2.9	2.6	2.0	2.5	2.6	2.5	2.7	2.2
20-39.....	6.7	1.4	2.0	2.5	1.6	1.9	2.6	2.1	1.9	2.1
40-59.....	4.0	1.7	2.3	3.0	.9	1.5	2.4	2.7	3.3	2.1
60 and over.....	4.4	1.1	1.7	2.0	1.0	1.4	1.7	1.9	2.4	2.0
20 and over.....	15.1	.8	1.3	1.7	.8	1.0	1.3	1.4	1.6	1.2
All individuals.....	41.7	.5	.7	1.0	.5	.6	.6	.9	1.0	1.0

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	--	.4	.8	.6	.6	.7	1.6	2.7	3.1
3-5.....	1.2	.3	.6	.9	.5	.6	.7	2.5	3.1	2.8
5 and under ‡ .....	2.3	.2	.3	.5	.4	.4	.5	1.6	2.2	2.2
Males:										
6-11.....	1.3	--	.5	1.0	--	.3	1.2	1.6	3.4	4.3
12-19.....	2.0	1.4	2.2	2.8	.6	1.0	1.6	2.5	3.4	3.6
20-39.....	6.3	1.2	2.3	3.2	.8	1.1	1.3	1.9	2.4	2.3
40-59.....	6.7	.8	1.6	1.5	.5	.8	1.4	1.3	1.9	2.0
60 and over.....	2.6	1.0	1.7	2.3	.7	1.1	1.7	1.2	2.3	2.3
20 and over.....	15.6	.6	1.3	1.6	.4	.6	.9	.9	1.5	1.5
Females:										
6-11.....	1.3	.2	1.2	2.4	.8	1.4	2.8	2.9	4.1	4.4
12-19.....	1.8	2.2	2.6	3.8	2.5	3.0	3.1	4.1	4.0	2.8
20-39.....	5.6	1.4	2.7	2.6	1.6	2.0	2.4	2.2	3.3	2.4
40-59.....	6.7	1.1	1.5	2.0	1.0	1.6	1.9	1.8	2.1	2.0
60 and over.....	2.5	1.4	2.7	2.9	1.8	2.4	2.6	2.8	2.9	2.6
20 and over.....	14.9	.8	1.4	1.5	.8	1.1	1.3	1.4	1.8	1.5
All individuals.....	39.1	.4	.9	1.2	.4	.5	.7	.8	1.1	1.0
All Incomes.....	100.0	.3	.5	.7	.3	.4	.5	.7	.8	.7

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.



Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	1.1	2.0	2.5	--	.6	.9	1.6	1.9	2.4
3-5.....	1.5	.7	1.6	2.2	.2	.4	1.4	.6	2.1	2.9
5 and under ‡ .....	2.9	.7	1.2	1.5	.1	.4	.8	.8	1.4	1.7
Males:										
6-11.....	1.0	.3	2.6	3.3	1.2	3.1	3.8	1.2	1.7	3.4
12-19.....	1.5	.9	2.3	4.4	3.2	4.6	3.9	.8	1.6	4.3
20-39.....	2.4	.9	1.8	3.5	2.7	4.6	4.6	.8	2.1	3.2
40-59.....	1.0	1.4	1.6	1.9	2.5	2.6	3.7	1.2	1.8	2.3
60 and over.....	0.9	1.2	2.8	3.3	3.2	2.9	1.6	1.2	2.5	3.0
20 and over.....	4.3	.8	1.7	2.7	2.2	2.9	2.6	.7	1.8	2.6
Females:										
6-11.....	1.2	.9	2.4	3.0	1.5	2.3	3.9	1.2	3.2	3.8
12-19.....	1.4	2.8	4.2	3.8	3.9	3.9	2.4	3.6	4.3	4.1
20-39.....	3.4	1.8	2.2	3.1	2.6	3.0	2.3	2.9	3.4	2.2
40-59.....	1.4	1.4	2.3	3.5	2.4	3.2	2.8	3.2	3.2	2.8
60 and over.....	2.1	1.8	2.7	3.5	2.7	2.9	1.7	1.5	2.9	3.5
20 and over.....	6.9	1.0	1.6	1.9	1.7	2.1	1.5	1.7	2.0	1.7
All individuals.....	19.2	.5	.9	1.2	.9	1.4	1.1	.6	1.0	1.3
131-350% poverty:										
Males and females:										
1-2.....	1.2	.5	1.6	2.2	.1	.3	.5	1.3	2.4	2.9
3-5.....	2.0	.4	1.7	2.2	--	.5	1.4	.7	1.6	2.4
5 and under ‡ .....	3.8	.5	1.4	1.9	*	.6	1.0	.7	1.2	1.9
Males:										
6-11.....	2.3	.5	1.4	3.0	.6	2.0	3.0	1.1	1.7	3.1
12-19.....	2.3	1.2	2.1	3.2	2.2	4.3	3.9	1.0	1.7	2.4
20-39.....	6.9	.6	.9	2.2	1.3	2.6	2.6	.4	1.1	2.2
40-59.....	3.8	1.2	1.6	2.1	2.2	2.6	2.5	.4	1.7	2.3
60 and over.....	3.3	.3	1.0	1.6	1.3	2.6	1.8	.5	1.0	1.4
20 and over.....	14.0	.5	.6	1.4	1.0	1.8	1.6	.2	.7	1.2
Females:										
6-11.....	1.9	.6	1.1	3.4	.8	2.1	3.3	.9	1.9	3.4
12-19.....	2.4	2.1	3.0	3.0	2.6	2.8	2.1	2.5	3.1	3.0
20-39.....	6.7	1.5	1.8	2.1	1.6	2.7	2.5	1.6	2.2	1.6
40-59.....	4.0	.6	1.8	2.5	1.7	3.0	2.2	1.4	2.7	2.1
60 and over.....	4.4	.8	1.4	1.9	1.6	2.4	1.6	.8	1.6	1.9
20 and over.....	15.1	.8	1.1	1.4	1.0	1.7	1.4	.9	1.3	1.2
All individuals.....	41.7	.4	.5	.8	.7	1.3	1.2	.4	.6	.7

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than 0.05 but greater than zero.

Continued



Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron			
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	
<i>Percent</i> ----- <i>Percent of individuals</i> -----											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	.8	1.5	3.0	--	.6	.9	2.4	2.6	2.9	
3-5.....	1.2	.8	2.0	3.0	.4	.8	1.6	.8	2.2	3.0	
5 and under ‡ .....	2.3	.4	1.4	2.3	.2	.5	1.1	1.0	1.6	2.2	
Males:											
6-11.....	1.3	--	.9	3.2	--	1.9	3.2	--	1.5	2.5	
12-19.....	2.0	.7	1.6	3.2	2.3	3.4	3.7	.4	1.4	2.5	
20-39.....	6.3	.3	1.7	2.2	1.9	3.0	2.4	--	1.0	2.3	
40-59.....	6.7	.2	.7	1.3	1.0	1.6	1.7	.3	.7	1.3	
60 and over.....	2.6	--	.8	1.2	1.2	2.5	2.3	.7	.9	1.3	
20 and over.....	15.6	.1	.7	1.1	1.0	1.5	1.3	.2	.5	1.0	
Females:											
6-11.....	1.3	1.7	2.7	4.1	1.1	2.8	4.0	1.6	3.4	5.2	
12-19.....	1.8	2.9	3.8	3.8	3.2	4.0	3.6	2.1	3.4	4.2	
20-39.....	5.6	1.0	1.8	2.3	1.8	3.0	2.9	2.0	3.0	2.3	
40-59.....	6.7	.6	1.1	1.7	.9	2.0	1.9	1.1	1.8	2.1	
60 and over.....	2.5	1.1	2.2	2.5	1.8	3.4	2.8	1.1	2.4	2.3	
20 and over.....	14.9	.4	.9	1.3	.6	1.6	1.7	.9	1.6	1.5	
All individuals.....	39.1	.2	.6	.8	.6	1.1	1.1	.4	.8	1.1	
All Incomes.....	100.0	.2	.4	.7	.5	.8	.8	.3	.6	.7	

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	2.1	2.3	2.2
3-5.....	1.5	1.7	3.7	3.1
5 and under ‡ .....	2.9	1.4	2.1	1.7
Males:				
6-11.....	1.0	2.3	4.1	3.4
12-19.....	1.5	2.3	5.1	4.6
20-39.....	2.4	2.9	4.0	4.4
40-59.....	1.0	2.5	4.6	3.3
60 and over.....	0.9	2.9	2.5	1.8
20 and over.....	4.3	2.5	2.3	2.4
Females:				
6-11.....	1.2	3.0	5.1	4.9
12-19.....	1.4	3.7	4.1	4.2
20-39.....	3.4	2.8	3.0	2.3
40-59.....	1.4	3.5	3.2	3.0
60 and over.....	2.1	2.8	2.9	1.7
20 and over.....	6.9	1.6	1.6	1.2
All individuals.....	19.2	1.0	1.3	1.1
131-350% poverty:				
Males and females:				
1-2.....	1.2	1.8	2.9	1.6
3-5.....	2.0	1.5	2.3	2.5
5 and under ‡ .....	3.8	1.1	2.4	2.0
Males:				
6-11.....	2.3	1.7	3.5	3.4
12-19.....	2.3	1.9	2.6	2.9
20-39.....	6.9	2.0	2.2	1.9
40-59.....	3.8	2.0	2.7	2.4
60 and over.....	3.3	2.0	1.9	1.8
20 and over.....	14.0	1.2	1.6	1.5
Females:				
6-11.....	1.9	2.1	3.9	2.9
12-19.....	2.4	3.0	3.1	2.3
20-39.....	6.7	1.8	2.4	1.8
40-59.....	4.0	1.7	2.8	1.8
60 and over.....	4.4	1.9	2.3	1.3
20 and over.....	15.1	1.2	1.4	1.1
All individuals.....	41.7	.8	1.2	.9

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	2.7	2.8	1.9
3-5.....	1.2	2.6	3.1	3.3
5 and under ‡ .....	2.3	1.9	1.9	2.1
Males:				
6-11.....	1.3	1.7	3.3	3.9
12-19.....	2.0	1.9	3.9	3.5
20-39.....	6.3	1.8	2.4	2.2
40-59.....	6.7	1.4	1.8	1.6
60 and over.....	2.6	1.9	2.7	2.5
20 and over.....	15.6	.8	1.2	1.2
Females:				
6-11.....	1.3	3.5	4.6	4.3
12-19.....	1.8	2.5	4.4	3.5
20-39.....	5.6	1.8	2.5	2.6
40-59.....	6.7	1.7	1.7	1.5
60 and over.....	2.5	2.4	2.9	1.9
20 and over.....	14.9	1.1	1.5	1.4
All individuals.....	39.1	.7	1.1	1.1
All incomes.....	100.0	.6	.8	.7

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<hr/>										
	Percent	Percent of individuals								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2.4	1.5	.6	.7	1.0	1.9	2.0	2.8	2.6
3-5.....	1.5	2.6	1.4	.5	.3	1.5	2.0	1.8	2.3	2.5
5 and under ‡ .....	2.9	1.5	1.3	.4	.5	1.5	1.6	1.3	1.9	1.8
Males:										
6-11.....	1.0	3.3	1.8	1.0	2.0	3.4	3.8	3.0	3.2	2.8
12-19.....	1.5	4.7	2.3	--	2.0	3.7	4.6	4.1	4.1	2.1
20-39.....	2.4	5.3	6.0	6.2	3.6	4.3	5.4	4.8	5.4	6.1
40-59.....	1.0	3.9	1.3	1.0	3.5	3.7	3.0	4.1	2.8	2.6
60 and over.....	0.9	2.2	.6	--	3.5	2.5	1.3	3.3	2.9	2.2
20 and over.....	4.3	3.7	3.4	3.5	3.1	3.3	3.1	2.8	3.2	3.3
Females:										
6-11.....	1.2	3.3	--	--	1.7	2.9	3.8	3.6	2.9	2.6
12-19.....	1.4	4.0	1.2	.7	3.7	4.4	3.3	3.7	3.1	2.5
20-39.....	3.4	2.0	.7	.1	3.0	2.9	1.5	3.2	2.6	1.9
40-59.....	1.4	2.3	1.2	--	3.5	3.6	2.0	3.0	2.5	2.3
60 and over.....	2.1	1.4	.2	.2	3.2	2.5	.7	3.3	2.3	1.5
20 and over.....	6.9	1.2	.5	.1	1.9	1.7	.8	1.9	1.6	1.1
All individuals.....	19.2	1.1	1.0	.9	1.2	1.2	1.0	1.2	1.2	1.0
131-350% poverty:										
Males and females:										
1-2.....	1.2	2.2	1.4	.4	.3	1.1	1.6	2.0	3.1	2.5
3-5.....	2.0	2.4	.8	.2	.4	1.4	2.4	2.2	2.2	2.2
5 and under ‡ .....	3.8	2.0	.7	.4	1.0	1.6	1.8	1.5	2.0	1.8
Males:										
6-11.....	2.3	3.7	1.0	.3	1.1	3.1	2.9	2.9	2.6	1.6
12-19.....	2.3	3.6	2.7	.9	2.1	3.8	3.3	3.1	2.2	1.8
20-39.....	6.9	2.4	1.0	.3	1.7	2.0	1.7	2.2	1.7	1.3
40-59.....	3.8	2.6	.8	.1	2.2	3.0	1.7	2.1	2.0	1.6
60 and over.....	3.3	1.7	.7	.2	2.2	1.9	.8	2.3	2.0	1.4
20 and over.....	14.0	1.5	.5	.1	1.1	1.5	.9	1.4	1.1	.8
Females:										
6-11.....	1.9	3.0	.6	--	1.0	3.2	3.4	3.6	3.3	2.0
12-19.....	2.4	3.8	1.0	.4	2.8	3.4	2.6	3.2	2.2	1.8
20-39.....	6.7	1.7	.6	--	1.9	2.1	1.2	2.7	2.3	1.4
40-59.....	4.0	1.9	.4	--	1.7	2.5	1.0	2.9	2.1	1.5
60 and over.....	4.4	1.2	.3	--	2.1	1.7	1.1	2.2	2.1	1.6
20 and over.....	15.1	1.0	.3	--	1.2	1.3	.8	1.4	1.2	.8
All individuals.....	41.7	1.0	.3	.1	.7	1.1	.6	.9	.7	.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	2.9	1.5	.7	.9	1.3	2.5	2.7	3.0	3.0
3-5.....	1.2	2.7	1.2	.1	.8	1.5	2.8	2.2	3.1	2.6
5 and under ‡ .....	2.3	1.9	1.1	.3	.8	1.9	2.5	1.5	2.5	2.2
Males:										
6-11.....	1.3	3.2	1.5	.4	--	2.6	4.2	4.1	4.8	3.4
12-19.....	2.0	3.7	1.9	1.1	2.2	3.4	3.5	3.7	3.1	2.8
20-39.....	6.3	2.4	1.3	.3	1.5	3.1	2.0	2.7	2.0	1.7
40-59.....	6.7	2.2	.7	.3	1.3	2.0	1.3	1.9	1.7	1.1
60 and over.....	2.6	2.1	.8	--	1.9	2.4	1.2	2.1	2.3	1.6
20 and over.....	15.6	1.6	.6	.2	1.0	1.6	1.0	1.6	1.3	1.0
Females:										
6-11.....	1.3	3.9	1.2	--	2.6	4.0	3.3	5.2	4.6	4.5
12-19.....	1.8	2.8	1.3	--	3.3	4.1	2.5	3.8	3.7	2.4
20-39.....	5.6	2.7	.8	--	2.4	3.1	2.0	2.6	2.1	1.5
40-59.....	6.7	1.5	.5	--	1.7	1.6	1.0	2.0	1.9	1.5
60 and over.....	2.5	2.7	--	--	2.5	2.5	1.0	3.3	3.3	2.2
20 and over.....	14.9	1.6	.4	--	1.0	1.4	.9	1.8	1.4	1.1
All individuals.....	39.1	.9	.3	.1	.6	1.0	.8	1.3	1.0	.8
All Incomes.....	100.0	.7	.3	.2	.5	.6	.5	.8	.6	.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2.2	1.3	1.2	2.4	3.2	2.6	1.6	2.6	2.2
3-5.....	1.5	2.9	1.4	.1	2.0	2.7	2.5	2.1	2.7	2.5
5 and under ‡ .....	2.9	1.9	1.5	1.3	1.5	1.9	1.9	1.2	1.8	1.9
Males:										
6-11.....	1.0	3.5	2.4	1.1	4.4	4.9	4.0	2.7	3.7	2.7
12-19.....	1.5	3.9	2.4	1.0	3.7	4.0	4.9	4.9	4.7	2.5
20-39.....	2.4	5.0	5.8	6.1	4.1	4.3	5.6	4.4	5.2	5.9
40-59.....	1.0	3.9	1.5	1.3	5.9	6.6	7.0	5.0	7.0	2.5
60 and over.....	0.9	2.4	1.5	.7	3.7	2.4	2.8	3.1	3.4	1.8
20 and over.....	4.3	2.7	3.3	3.5	3.5	3.9	4.8	3.5	5.0	3.2
Females:										
6-11.....	1.2	3.0	1.1	.2	4.0	4.6	4.1	3.2	3.8	2.8
12-19.....	1.4	3.3	1.5	.9	3.5	3.6	3.3	3.9	4.0	2.6
20-39.....	3.4	2.6	1.3	.9	2.9	2.5	2.7	3.1	2.7	1.5
40-59.....	1.4	2.1	1.2	.8	3.4	3.0	3.0	3.3	1.9	1.8
60 and over.....	2.1	1.4	.8	.5	2.7	2.1	2.0	3.5	2.3	1.3
20 and over.....	6.9	1.4	.7	.5	2.0	1.4	1.4	2.3	1.7	1.0
All individuals.....	19.2	1.2	1.0	.9	1.4	1.3	1.4	1.7	1.5	.9
131-350% poverty:										
Males and females:										
1-2.....	1.2	2.3	1.1	.5	2.0	2.5	1.9	1.6	2.4	2.2
3-5.....	2.0	2.1	1.2	.9	1.5	2.4	2.2	1.8	2.4	1.7
5 and under ‡ .....	3.8	2.0	1.6	1.5	1.2	1.9	1.8	1.5	1.7	1.6
Males:										
6-11.....	2.3	2.7	1.8	.9	2.6	3.0	3.0	2.7	4.3	2.9
12-19.....	2.3	3.7	3.1	.7	3.7	4.3	3.7	2.5	3.5	2.9
20-39.....	6.9	2.7	2.0	.8	2.5	2.8	2.9	2.3	2.4	1.3
40-59.....	3.8	2.3	1.5	.9	2.3	2.2	2.1	2.6	2.8	1.0
60 and over.....	3.3	1.8	.8	.6	2.2	2.1	2.0	2.1	2.7	2.0
20 and over.....	14.0	1.7	1.1	.5	1.6	1.6	1.7	1.1	1.4	.7
Females:										
6-11.....	1.9	2.7	1.1	.6	2.5	3.3	2.9	3.1	3.6	2.0
12-19.....	2.4	3.1	1.2	.9	3.5	4.1	3.5	3.0	2.6	1.6
20-39.....	6.7	2.0	1.2	.9	2.4	2.3	1.9	2.0	2.0	1.3
40-59.....	4.0	2.2	1.1	.7	2.4	2.2	2.2	2.6	2.2	1.3
60 and over.....	4.4	2.5	.9	.6	1.5	1.6	1.7	2.0	2.3	.9
20 and over.....	15.1	1.4	.6	.5	1.3	1.1	1.2	1.4	1.1	.7
All individuals.....	41.7	1.1	.6	.3	1.0	.9	.9	.8	.7	.4

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3Bse.—Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	2.4	2.2	1.3	2.3	2.5	3.9	2.4	2.4	2.4
3-5.....	1.2	3.0	1.8	.8	2.6	2.7	2.9	2.2	2.8	1.9
5 and under ‡ .....	2.3	2.6	1.9	1.4	1.9	2.0	2.5	1.7	1.9	1.9
Males:										
6-11.....	1.3	2.7	1.9	1.4	3.0	3.4	4.7	1.8	4.0	3.7
12-19.....	2.0	3.8	1.9	.9	3.9	3.9	3.5	2.8	3.8	3.1
20-39.....	6.3	2.3	2.1	1.0	3.2	2.9	2.2	2.2	2.7	1.6
40-59.....	6.7	1.9	1.4	.8	1.9	1.9	1.9	1.8	1.8	1.4
60 and over.....	2.6	2.2	1.5	1.6	2.2	2.7	3.0	2.3	2.8	1.7
20 and over.....	15.6	1.4	1.2	.6	1.8	1.8	1.6	1.3	1.7	1.0
Females:										
6-11.....	1.3	4.8	2.7	1.8	3.1	3.2	4.2	3.5	4.1	3.3
12-19.....	1.8	3.6	2.3	1.0	4.0	4.5	4.7	4.0	4.1	2.5
20-39.....	5.6	2.8	2.1	.9	2.5	2.2	1.9	2.3	2.2	1.6
40-59.....	6.7	1.9	1.3	.9	2.0	2.0	1.9	1.6	1.8	1.0
60 and over.....	2.5	2.8	1.5	.9	2.4	2.4	2.6	3.0	2.4	1.7
20 and over.....	14.9	1.5	.9	.5	1.6	1.5	1.3	1.2	1.3	.8
All individuals.....	39.1	1.1	.7	.4	1.3	1.3	1.2	.9	1.3	.6
All incomes.....	100.0	.8	.4	.2	.9	.8	.8	.7	.7	.4

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	1.5	2.5	2.6	2.2	2.3	2.1	2.5	2.5	1.5
3-5.....	1.5	1.1	2.2	2.6	2.4	2.6	2.2	2.5	2.8	1.7
5 and under ‡ .....	2.9	.8	1.5	1.9	1.2	1.6	1.7	1.7	2.1	1.3
Males:										
6-11.....	1.0	1.9	3.1	3.1	3.7	3.7	2.5	3.9	2.3	2.1
12-19.....	1.5	4.0	4.0	3.6	4.1	4.4	2.8	5.0	2.6	1.4
20-39.....	2.4	3.6	4.9	5.8	4.6	6.1	6.2	4.9	5.7	6.1
40-59.....	1.0	2.6	3.2	2.2	3.3	3.3	3.3	3.9	2.8	1.3
60 and over.....	0.9	3.5	2.2	1.8	3.0	2.8	2.3	2.5	1.8	.6
20 and over.....	4.3	2.4	2.7	3.2	3.2	4.2	3.4	3.0	3.3	3.4
Females:										
6-11.....	1.2	2.5	4.5	3.1	4.1	4.2	1.7	4.0	3.0	1.3
12-19.....	1.4	4.4	3.1	2.6	3.4	4.2	1.9	3.9	2.4	1.2
20-39.....	3.4	3.4	2.1	1.3	3.4	2.4	1.3	3.0	1.4	.8
40-59.....	1.4	3.2	2.5	1.8	3.0	3.6	1.7	2.8	1.6	.9
60 and over.....	2.1	3.2	2.6	1.1	3.9	2.9	1.1	3.0	1.3	.5
20 and over.....	6.9	2.1	1.3	.8	2.5	1.4	.8	1.7	.8	.5
All individuals.....	19.2	1.1	1.1	.9	1.5	1.2	1.0	1.2	1.0	.9
131-350% poverty:										
Males and females:										
1-2.....	1.2	.9	1.8	2.8	2.2	2.5	1.5	2.7	2.5	1.3
3-5.....	2.0	1.5	2.6	1.9	1.9	2.3	1.9	2.5	2.2	1.8
5 and under ‡ .....	3.8	1.0	1.9	1.8	1.3	1.9	1.5	2.0	1.7	1.4
Males:										
6-11.....	2.3	2.0	3.3	3.3	2.9	3.2	2.3	3.6	3.9	2.0
12-19.....	2.3	2.8	3.5	3.4	2.6	3.7	3.0	3.7	3.2	1.7
20-39.....	6.9	2.2	2.5	1.6	2.3	2.7	2.0	2.6	2.1	1.1
40-59.....	3.8	2.5	2.6	1.9	2.5	2.3	1.7	2.5	1.7	1.1
60 and over.....	3.3	1.6	2.1	1.4	1.5	2.2	1.8	2.5	1.2	.9
20 and over.....	14.0	1.2	1.5	.8	1.5	1.6	1.2	1.7	1.0	.7
Females:										
6-11.....	1.9	2.7	4.0	3.1	3.1	3.0	1.6	4.0	2.5	1.0
12-19.....	2.4	2.9	2.8	2.2	3.2	2.4	1.7	2.9	2.2	1.4
20-39.....	6.7	2.4	1.7	1.0	2.0	2.2	1.1	2.5	1.1	.7
40-59.....	4.0	3.0	2.2	1.2	1.8	2.4	1.5	2.7	1.3	.7
60 and over.....	4.4	1.8	1.8	1.4	2.0	2.0	1.6	2.4	1.1	.7
20 and over.....	15.1	1.7	1.1	.9	1.2	1.3	.8	1.5	.8	.4
All individuals.....	41.7	1.0	.9	.5	.9	.9	.6	1.2	.6	.4

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	1.4	2.7	3.1	3.0	3.1	1.8	2.8	2.9	1.5
3-5.....	1.2	1.6	2.6	3.0	2.2	3.2	1.9	2.8	2.3	1.5
5 and under ‡ .....	2.3	1.1	2.1	2.6	1.8	2.5	1.7	1.8	1.7	1.2
Males:										
6-11.....	1.3	2.3	4.3	3.6	2.3	4.5	3.3	4.7	4.2	2.2
12-19.....	2.0	2.9	3.9	3.8	3.2	2.9	3.0	3.5	4.0	2.6
20-39.....	6.3	2.5	2.4	1.8	2.0	2.5	2.4	3.3	1.9	1.0
40-59.....	6.7	1.5	2.0	1.2	1.4	2.0	1.9	1.7	1.5	.8
60 and over.....	2.6	1.9	2.8	2.4	1.3	2.0	2.3	2.1	2.0	1.1
20 and over.....	15.6	1.4	1.6	1.0	1.0	1.5	1.4	1.5	1.1	.6
Females:										
6-11.....	1.3	3.6	4.8	4.2	4.4	4.4	3.2	4.6	4.0	2.3
12-19.....	1.8	3.3	4.0	3.0	3.6	3.4	1.9	3.8	2.5	1.4
20-39.....	5.6	2.9	2.4	1.4	2.5	2.6	1.8	2.8	2.0	.8
40-59.....	6.7	1.6	1.5	.8	1.6	1.9	1.1	1.9	1.2	.7
60 and over.....	2.5	2.6	2.6	2.1	2.8	2.7	2.1	3.0	2.3	.8
20 and over.....	14.9	1.5	1.4	.9	1.4	1.4	.8	1.5	1.1	.4
All individuals.....	39.1	1.2	1.3	.7	.9	1.0	.8	.9	.7	.4
All incomes.....	100.0	.8	.7	.5	.7	.6	.5	.8	.5	.3

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	1.0	1.2	2.1	.8	1.1	1.5	2.6	1.6	1.1
3-5.....	1.5	.7	1.6	2.1	.3	.9	1.4	2.7	1.6	.8
5 and under ‡ .....	2.9	.7	.9	1.4	.3	.7	1.0	1.6	1.4	.7
Males:										
6-11.....	1.0	2.2	4.2	4.4	1.2	2.7	3.8	3.7	2.8	1.4
12-19.....	1.5	4.4	4.4	4.0	3.0	4.3	4.4	4.4	3.1	1.4
20-39.....	2.4	4.0	4.0	5.3	2.6	3.9	4.2	3.8	5.6	6.2
40-59.....	1.0	3.7	2.7	3.0	2.8	2.5	4.8	3.8	2.4	1.5
60 and over.....	0.9	3.2	2.7	2.2	3.2	2.9	2.9	2.8	1.3	.7
20 and over.....	4.3	3.0	2.8	3.7	1.8	2.6	2.3	2.2	3.0	3.5
Females:										
6-11.....	1.2	1.9	3.6	4.5	1.1	2.3	3.7	3.8	1.9	1.4
12-19.....	1.4	3.9	3.2	2.9	3.7	4.0	4.5	2.2	1.0	.5
20-39.....	3.4	3.5	3.0	1.6	2.7	2.8	2.7	1.7	.8	.6
40-59.....	1.4	3.0	2.6	1.5	3.2	3.7	3.8	2.1	2.0	.4
60 and over.....	2.1	2.7	2.7	1.5	3.2	3.3	3.0	2.0	.8	.3
20 and over.....	6.9	1.8	1.8	1.0	1.7	1.7	1.6	.9	.6	.4
All individuals.....	19.2	1.1	1.0	1.0	1.0	1.2	1.1	.9	.9	.9
131-350% poverty:										
Males and females:										
1-2.....	1.2	.5	1.3	1.7	.4	.9	1.5	2.8	2.1	.9
3-5.....	2.0	.6	1.4	2.3	.5	1.5	2.1	2.5	1.4	.6
5 and under ‡ .....	3.8	.4	.9	1.7	.5	1.0	1.3	2.1	1.2	.8
Males:										
6-11.....	2.3	1.5	2.9	3.3	.8	2.4	3.6	3.4	2.4	1.1
12-19.....	2.3	2.9	3.7	3.5	1.6	2.5	3.5	3.5	2.8	1.3
20-39.....	6.9	2.1	2.7	2.4	1.8	2.4	2.3	2.8	1.5	1.0
40-59.....	3.8	2.6	2.3	2.0	1.4	2.5	2.9	2.4	1.9	1.4
60 and over.....	3.3	1.9	2.3	1.8	1.5	2.2	2.2	1.9	1.5	.5
20 and over.....	14.0	1.5	1.8	1.5	.9	1.4	1.4	1.4	.8	.6
Females:										
6-11.....	1.9	2.4	4.3	3.4	1.1	2.3	3.6	3.7	2.0	.6
12-19.....	2.4	2.6	3.4	2.2	2.6	3.2	2.5	2.2	.8	.2
20-39.....	6.7	2.5	1.9	1.6	2.6	2.6	2.5	2.1	.9	.3
40-59.....	4.0	3.0	2.4	1.4	2.4	2.4	2.0	2.1	1.1	.7
60 and over.....	4.4	2.0	1.7	1.4	1.7	1.7	1.6	2.0	1.1	.3
20 and over.....	15.1	1.7	1.4	1.0	1.3	1.6	1.5	1.2	.6	.3
All individuals.....	41.7	1.0	1.3	.9	.6	1.0	1.0	1.0	.5	.3

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	.8	2.0	3.0	.7	1.2	1.5	3.1	2.0	1.1
3-5.....	1.2	.9	1.8	2.2	.7	1.4	2.5	2.8	2.1	1.0
5 and under ‡ .....	2.3	.5	1.2	1.5	.5	.8	1.5	2.2	1.5	.8
Males:										
6-11.....	1.3	1.0	3.2	4.5	1.2	2.7	3.7	4.3	3.8	1.6
12-19.....	2.0	2.8	3.0	4.0	1.6	3.1	3.9	3.6	2.9	2.2
20-39.....	6.3	3.2	2.8	2.1	1.3	2.0	2.6	2.3	2.1	1.3
40-59.....	6.7	1.5	1.6	1.4	1.4	1.9	2.0	2.0	1.7	1.0
60 and over.....	2.6	2.3	2.0	2.4	1.7	2.3	2.4	2.3	1.9	.9
20 and over.....	15.6	1.6	1.5	1.2	.9	1.1	1.3	1.5	1.3	.7
Females:										
6-11.....	1.3	2.4	4.5	4.9	2.8	4.1	5.2	4.4	3.0	1.3
12-19.....	1.8	3.8	3.7	3.3	3.1	3.2	2.6	2.8	.5	..
20-39.....	5.6	2.6	2.6	1.7	2.4	2.3	2.5	2.4	1.2	.8
40-59.....	6.7	2.0	1.9	1.4	1.9	2.3	1.8	2.0	.7	.3
60 and over.....	2.5	2.9	3.0	2.4	2.6	3.3	2.9	2.6	1.5	.6
20 and over.....	14.9	1.5	1.5	1.2	1.3	1.6	1.6	1.5	.6	.4
All individuals.....	39.1	1.2	1.2	1.0	.7	1.0	1.1	1.0	.6	.3
All Incomes.....	100.0	.7	.8	.6	.5	.7	.7	.7	.4	.3

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.



Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2.5	2.3	1.2	.9	1.8	2.8	2.4	2.4	1.0
3-5.....	1.5	2.2	2.2	1.3	1.4	2.2	2.6	2.9	2.7	1.8
5 and under ‡ .....	2.9	1.5	1.7	.9	.8	1.6	2.1	1.7	1.8	1.5
Males:										
6-11.....	1.0	3.3	3.9	2.5	3.8	2.9	2.1	3.4	3.8	2.7
12-19.....	1.5	4.4	3.8	3.0	3.9	1.7	.4	4.3	4.4	3.7
20-39.....	2.4	3.5	4.1	5.0	4.6	5.8	1.1	3.2	4.8	5.2
40-59.....	1.0	1.9	3.0	3.8	3.7	1.7	1.1	2.3	3.4	3.3
60 and over.....	0.9	3.3	3.3	1.6	1.6	.9	.6	3.0	2.5	2.3
20 and over.....	4.3	2.7	3.0	2.7	2.6	3.2	.7	2.6	3.4	3.0
Females:										
6-11.....	1.2	3.0	3.1	1.8	3.9	3.2	2.1	3.8	3.6	1.7
12-19.....	1.4	3.8	1.3	1.0	2.4	1.3	.6	4.1	2.2	.8
20-39.....	3.4	3.1	2.1	1.1	2.3	.9	.5	2.2	1.0	.6
40-59.....	1.4	3.5	2.6	2.0	2.8	.6	--	2.8	2.2	1.3
60 and over.....	2.1	3.5	2.2	.8	1.7	.7	--	3.5	2.4	1.8
20 and over.....	6.9	1.9	1.2	.8	1.5	.5	.2	1.7	1.0	.7
All individuals.....	19.2	1.2	1.2	1.0	1.1	.9	.5	1.3	1.3	1.1
131-350% poverty:										
Males and females:										
1-2.....	1.2	2.2	1.9	.9	.5	1.6	2.0	2.9	2.0	.8
3-5.....	2.0	2.2	1.9	.9	1.4	2.6	2.3	2.4	1.7	1.2
5 and under ‡ .....	3.8	1.9	1.6	.9	1.0	1.9	1.7	1.9	1.4	1.2
Males:										
6-11.....	2.3	3.0	3.5	1.9	3.0	3.7	2.5	3.1	3.5	2.1
12-19.....	2.3	3.2	3.3	2.5	3.9	1.4	.7	2.4	3.4	3.0
20-39.....	6.9	2.2	2.4	2.2	2.6	1.3	.6	2.2	2.2	2.0
40-59.....	3.8	2.1	2.3	2.4	2.5	.9	.4	2.3	2.3	2.4
60 and over.....	3.3	1.6	1.8	1.5	1.8	.8	.1	1.4	2.2	1.9
20 and over.....	14.0	1.4	1.4	1.3	1.6	.7	.3	1.2	1.2	1.3
Females:										
6-11.....	1.9	3.4	3.2	1.9	3.3	3.0	1.9	3.4	3.0	2.0
12-19.....	2.4	3.0	1.9	.4	2.1	1.0	.2	3.0	1.5	1.1
20-39.....	6.7	2.1	2.0	1.0	2.5	.7	.2	1.6	1.5	.8
40-59.....	4.0	2.5	2.2	.9	2.2	.7	--	2.1	1.2	.7
60 and over.....	4.4	1.9	1.8	1.2	1.6	.8	.1	1.9	2.1	1.1
20 and over.....	15.1	1.4	1.1	.6	1.4	.4	.1	1.2	.9	.5
All individuals.....	41.7	.8	.9	.6	1.2	.5	.3	.7	.7	.6

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	3.0	2.3	1.1	.9	1.9	3.0	2.9	3.0	1.6
3-5.....	1.2	3.0	2.6	1.6	1.6	2.4	2.7	3.0	2.6	1.1
5 and under ‡ .....	2.3	2.3	1.6	1.0	1.1	2.1	2.6	2.2	2.2	1.2
Males:										
6-11.....	1.3	3.2	3.8	2.4	3.2	4.0	2.7	2.5	4.4	3.0
12-19.....	2.0	3.2	3.4	3.2	3.7	2.6	1.4	2.5	4.3	3.8
20-39.....	6.3	2.2	3.1	2.5	2.4	1.4	.6	2.3	2.8	2.4
40-59.....	6.7	1.3	1.8	1.9	1.7	1.2	.4	1.3	1.9	1.3
60 and over.....	2.6	1.2	2.8	2.0	2.3	1.3	.3	1.3	2.5	2.2
20 and over.....	15.6	1.1	1.7	1.4	1.3	.8	.3	1.0	1.4	1.2
Females:										
6-11.....	1.3	4.1	4.3	2.7	4.0	3.9	2.4	5.2	4.5	3.3
12-19.....	1.8	3.8	1.6	--	3.6	.8	.4	4.2	1.8	.9
20-39.....	5.6	2.3	2.3	1.7	2.9	1.1	.7	2.3	1.8	.9
40-59.....	6.7	1.7	1.8	1.0	1.9	.8	.2	2.1	1.4	.8
60 and over.....	2.5	2.5	2.6	1.3	2.8	1.4	.9	2.3	2.7	2.1
20 and over.....	14.9	1.3	1.3	.9	1.7	.7	.3	1.5	1.2	.6
All individuals.....	39.1	.8	.9	.8	1.1	.6	.3	1.1	.9	.7
All Incomes.....	100.0	.7	.7	.5	.8	.4	.2	.7	.6	.4

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	2.2	1.0	.5
3-5.....	1.5	3.1	1.6	.7
5 and under ‡ .....	2.9	1.7	1.2	.7
Males:				
6-11.....	1.0	3.4	2.4	1.4
12-19.....	1.5	4.6	2.0	1.4
20-39.....	2.4	4.4	5.9	6.1
40-59.....	1.0	3.3	1.3	1.0
60 and over.....	0.9	1.8	.8	.5
20 and over.....	4.3	2.4	3.4	3.5
Females:				
6-11.....	1.2	4.9	2.6	1.0
12-19.....	1.4	4.2	1.3	.8
20-39.....	3.4	2.3	.7	.4
40-59.....	1.4	3.0	1.4	.8
60 and over.....	2.1	1.7	.7	.3
20 and over.....	6.9	1.2	.5	.3
All individuals.....	19.2	1.1	1.0	.9
131-350% poverty:				
Males and females:				
1-2.....	1.2	1.6	.9	.6
3-5.....	2.0	2.5	.9	.3
5 and under ‡ .....	3.8	2.0	1.1	.7
Males:				
6-11.....	2.3	3.4	2.0	1.5
12-19.....	2.3	2.9	2.9	1.4
20-39.....	6.9	1.9	1.7	.9
40-59.....	3.8	2.4	1.6	.8
60 and over.....	3.3	1.8	.8	.4
20 and over.....	14.0	1.5	.9	.5
Females:				
6-11.....	1.9	2.9	1.9	.7
12-19.....	2.4	2.3	1.7	.5
20-39.....	6.7	1.8	.8	.4
40-59.....	4.0	1.8	.6	.3
60 and over.....	4.4	1.3	.7	.4
20 and over.....	15.1	1.1	.5	.2
All individuals.....	41.7	.9	.5	.2

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 3Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	1.9	1.8	--
3-5.....	1.2	3.3	.5	.2
5 and under ‡ .....	2.3	2.1	1.1	.5
Males:				
6-11.....	1.3	3.9	2.7	1.0
12-19.....	2.0	3.5	2.5	1.4
20-39.....	6.3	2.2	1.2	.7
40-59.....	6.7	1.6	1.0	.2
60 and over.....	2.6	2.5	1.2	1.0
20 and over.....	15.6	1.2	.7	.4
Females:				
6-11.....	1.3	4.3	2.2	1.4
12-19.....	1.8	3.5	1.0	.4
20-39.....	5.6	2.6	1.1	.7
40-59.....	6.7	1.5	.8	.6
60 and over.....	2.5	1.9	.7	.4
20 and over.....	14.9	1.4	.5	.4
All individuals.....	39.1	1.1	.5	.3
All incomes.....	100.0	.7	.4	.2

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 4se.—Nutrient intakes: Standard errors of mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
Percent		----- Percent of kilocalories -----						
Under 131% poverty:								
Males and females:								
1-2.....	1.0	.2	.6	.3	.2	.1	.7	*
3-5.....	1.5	.2	.4	.2	.2	.1	.5	*
5 and under ‡ .....	2.9	.1	.3	.2	.1	.1	.4	*
Males:								
6-11.....	1.05	.3	.5	.2	.2	.2	.5	*
12-19.....	1.47	.3	.8	.4	.3	.2	.9	0.4
20-39.....	2.4	.3	.6	.3	.3	.2	.7	.8
40-59.....	1.0	.4	1.3	.4	.6	.4	1.8	.4
60 and over.....	0.9	.3	.6	.3	.3	.2	.7	.2
20 and over.....	4.3	.3	.4	.1	.2	.1	.6	.5
Females:								
6-11.....	1.3	.3	.5	.3	.3	.2	.6	*
12-19.....	1.4	.3	.6	.3	.2	.2	.6	0.2
20-39.....	3.4	.3	.5	.3	.2	.2	.6	.3
40-59.....	1.3	.3	.6	.4	.3	.2	.7	.1
60 and over.....	2.2	.3	.6	.2	.3	.1	.6	*
20 and over.....	6.9	.2	.3	.2	.1	.1	.4	.1
All individuals.....	19.2	.1	.2	.1	.1	.1	.2	.1
131-350% poverty:								
Males and females:								
1-2.....	1.3	.1	.4	.2	.2	.1	.4	*
3-5.....	2.0	.1	.3	.2	.1	.1	.4	*
5 and under ‡ .....	3.8	.1	.3	.2	.1	.1	.3	*
Males:								
6-11.....	2.3	.2	.4	.2	.2	.1	.6	*
12-19.....	2.4	.3	.4	.2	.2	.1	.5	0.2
20-39.....	6.9	.2	.4	.2	.2	.2	.5	.3
40-59.....	3.9	.2	.4	.2	.2	.2	.4	.3
60 and over.....	3.2	.1	.4	.2	.2	.1	.4	.2
20 and over.....	14.0	.1	.3	.1	.1	.1	.3	.2
Females:								
6-11.....	1.8	.3	.4	.2	.2	.1	.6	*
12-19.....	2.4	.3	.6	.3	.2	.2	.7	0.1
20-39.....	6.8	.2	.4	.2	.2	.1	.5	.3
40-59.....	3.9	.2	.4	.2	.1	.2	.5	.2
60 and over.....	4.3	.2	.4	.2	.2	.1	.5	.1
20 and over.....	15.1	.1	.3	.1	.1	.1	.3	.1
All individuals.....	41.8	.1	.2	.1	.1	.1	.2	.1

\* Value less than 0.05 but greater than 0.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 4se.--Nutrient intakes: Standard errors of mean percentages of calories from protein, fat, carbohydrate, and alcohol, by income, 1 day,  
1994-96--continued

Income, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
Over 350% poverty:								
Males and females:								
1-2.....	0.8	.2	.4	.2	.2	.1	.5	*
3-5.....	1.2	.2	.5	.2	.2	.1	.5	*
5 and under ‡ .....	2.3	.2	.3	.2	.2	.1	.3	*
Males:								
6-11.....	1.3	.3	.4	.3	.2	.1	.5	*
12-19.....	2.0	.3	.4	.2	.2	.2	.6	0.2
20-39.....	6.2	.2	.4	.2	.2	.2	.4	.3
40-59.....	6.7	.2	.3	.1	.2	.1	.5	.2
60 and over.....	2.7	.2	.5	.2	.2	.2	.6	.3
20 and over.....	15.6	.1	.3	.1	.1	.1	.3	.2
Females:								
6-11.....	1.3	.3	.6	.3	.3	.2	.5	*
12-19.....	1.8	.3	.5	.3	.2	.2	.7	0.1
20-39.....	5.5	.3	.4	.2	.2	.1	.5	.3
40-59.....	6.8	.2	.4	.2	.2	.1	.5	.2
60 and over.....	2.5	.3	.5	.2	.2	.2	.6	.2
20 and over.....	14.8	.1	.2	.1	.1	.1	.3	.1
All individuals.....	39.0	.1	.2	.1	.1	.1	.2	.1
All Incomes.....	100.0	0.1	0.1	0.1	0.1	0.0	0.1	0.1

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 5se.--Nutrient intakes: Standard errors of percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
Under 131% poverty:				
Males and females:				
1-2.....	1.0	2.8	2.1	1.9
3-5.....	1.5	2.4	2.0	2.4
5 and under ‡ .....	2.9	2.0	1.4	1.7
Males:				
6-11.....	1.0	3.1	3.1	3.3
12-19.....	1.5	4.5	4.6	4.7
20-39.....	2.4	3.0	3.1	4.7
40-59.....	1.0	3.3	3.4	2.9
60 and over.....	0.9	3.2	3.3	3.4
20 and over.....	4.3	1.7	1.8	3.0
Females:				
6-11.....	1.2	4.5	3.1	4.4
12-19.....	1.4	3.5	3.8	3.1
20-39.....	3.4	3.0	3.6	2.5
40-59.....	1.4	2.3	2.9	3.5
60 and over.....	2.1	2.6	2.9	2.5
20 and over.....	6.9	1.7	2.1	1.6
All individuals.....	19.2	1.0	1.3	1.4
131-350% poverty:				
Males and females:				
1-2.....	1.2	2.5	2.1	1.5
3-5.....	2.0	2.5	2.5	1.3
5 and under ‡ .....	3.8	1.6	1.5	.8
Males:				
6-11.....	2.3	3.4	2.8	2.1
12-19.....	2.3	3.4	2.9	3.3
20-39.....	6.9	2.4	2.8	1.9
40-59.....	3.8	2.0	1.9	2.8
60 and over.....	3.3	2.2	2.0	1.8
20 and over.....	14.0	1.4	1.5	1.5
Females:				
6-11.....	1.9	3.0	3.3	2.6
12-19.....	2.4	3.4	4.1	3.2
20-39.....	6.7	2.2	2.1	2.0
40-59.....	4.0	2.6	2.3	2.0
60 and over.....	4.4	2.4	1.9	1.4
20 and over.....	15.1	1.4	1.2	1.3
All individuals.....	41.7	.9	1.0	.9

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 5se.--Nutrient intakes: Standard errors of percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>Percent of individuals</i>		
Over 350% poverty:				
Males and females:				
1-2.....	0.8	2.9	2.7	1.7
3-5.....	1.2	2.7	3.3	1.6
5 and under ‡ .....	2.3	2.0	1.9	1.1
Males:				
6-11.....	1.3	3.7	4.0	2.7
12-19.....	2.0	2.7	3.1	3.5
20-39.....	6.3	1.9	1.9	2.1
40-59.....	6.7	1.8	1.7	2.3
60 and over.....	2.6	1.9	2.0	2.0
20 and over.....	15.6	1.3	1.3	1.5
Females:				
6-11.....	1.3	4.3	4.2	1.6
12-19.....	1.8	4.1	4.4	2.3
20-39.....	5.6	2.1	2.3	1.6
40-59.....	6.7	2.0	1.9	1.3
60 and over.....	2.5	3.1	3.1	2.0
20 and over.....	14.9	1.4	1.2	.9
All individuals.....	39.1	.8	.8	.8
All Incomes.....	100.0	0.6	0.7	0.6

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6Ase.--Grain products: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
Percent ----- Grams -----											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	8	1	5	1	3	2	1	2	1	8
3-5.....	1.5	20	2	9	2	5	2	2	2	1	12
5 and under ‡ .....	2.9	12	2	5	1	3	1	1	1	1	8
Males:											
6-11.....	1.1	21	4	11	3	9	4	4	5	6	15
12-19.....	1.5	30	5	15	3	12	3	6	6	3	28
20-39.....	2.4	40	5	15	3	11	6	9	7	3	30
40-59.....	1.0	24	5	11	2	8	8	6	6	2	29
60 and over.....	0.9	17	3	14	2	4	10	3	4	1	7
20 and over.....	4.3	25	4	9	2	7	4	5	5	2	16
Females:											
6-11.....	1.3	14	3	7	2	4	1	4	4	2	10
12-19.....	1.4	27	3	17	3	4	16	3	3	2	21
20-39.....	3.4	15	3	8	2	7	3	2	3	1	11
40-59.....	1.3	12	3	6	1	6	3	3	3	1	10
60 and over.....	2.2	9	2	6	1	3	2	2	3	1	6
20 and over.....	6.9	8	2	5	1	4	2	1	2	1	6
All individuals.....	19.2	8	1	5	1	3	2	2	2	1	5
131-350% poverty:											
Males and females:											
1-2.....	1.3	9	1	4	1	1	2	2	1	1	6
3-5.....	2.0	7	2	5	1	2	2	1	2	1	6
5 and under ‡ .....	3.8	7	1	4	1	2	2	1	1	1	4
Males:											
6-11.....	2.3	13	3	6	2	2	5	2	3	1	9
12-19.....	2.4	24	4	10	3	5	5	3	4	3	21
20-39.....	6.9	16	4	7	2	4	5	2	3	2	14
40-59.....	3.9	12	3	7	2	6	5	4	4	2	9
60 and over.....	3.2	10	2	7	1	5	4	2	3	1	6
20 and over.....	14.0	9	2	5	1	3	3	1	2	1	8
Females:											
6-11.....	1.8	10	3	6	2	3	3	3	3	2	11
12-19.....	2.4	12	4	9	2	6	4	3	4	2	13
20-39.....	6.9	11	2	6	1	2	3	2	3	1	8
40-59.....	3.9	10	2	5	2	3	3	2	3	1	9
60 and over.....	4.3	9	1	4	1	3	2	1	2	1	7
20 and over.....	15.1	7	2	3	1	2	2	1	2	1	6
All individuals.....	41.8	5	1	3	1	2	2	1	1	1	4

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 6Ase.--Grain products: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
Percent		Grams									
Over 350% poverty:											
Males and females:											
1-2.....	0.8	8	2	5	1	3	3	1	2	1	6
3-5.....	1.2	8	2	4	1	2	3	2	4	1	8
5 and under ‡ .....	2.3	5	2	3	1	2	2	1	2	1	4
Males:											
6-11.....	1.3	20	5	11	2	5	6	4	4	3	22
12-19.....	2.0	20	5	10	5	6	4	4	8	3	18
20-39.....	6.2	16	3	8	2	5	5	2	4	2	13
40-59.....	6.7	10	3	7	1	4	3	2	4	1	8
60 and over.....	2.7	12	3	4	2	2	2	2	4	2	8
20 and over.....	15.6	9	2	5	1	3	2	1	2	1	7
Females:											
6-11.....	1.3	14	3	10	2	5	6	3	8	3	8
12-19.....	1.8	21	3	9	2	4	7	2	6	3	16
20-39.....	5.5	9	3	6	1	4	4	1	3	2	8
40-59.....	6.8	9	2	5	1	2	2	1	3	1	6
60 and over.....	2.5	10	2	6	1	2	3	2	5	1	9
20 and over.....	14.8	5	1	4	1	2	2	1	2	1	5
All individuals.....	39.0	5	1	3	1	2	1	1	2	1	4
All Incomes.....	100	4	1	3	*	1	1	1	1	*	3

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 6Bse.--Grain products: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
<hr/>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	1.1	2.4	2.2	2.6	2.4	1.2	2.0	2.9	1.8	2.6
3-5.....	1.5	.4	3.2	2.2	2.4	2.5	1.3	2.4	2.7	2.6	2.7
5 and under ‡ .....	2.9	.7	2.2	1.6	1.5	1.8	.9	1.7	2.2	1.7	2.2
Males:											
6-11.....	1.1	1.0	3.5	3.8	3.7	3.7	1.6	4.5	4.1	3.6	3.6
12-19.....	1.5	1.4	4.3	4.0	3.7	2.7	1.1	4.7	3.7	2.7	4.6
20-39.....	2.4	.9	3.8	3.2	2.3	1.9	1.8	4.2	3.9	3.3	4.5
40-59.....	1.0	1.0	3.0	3.4	2.5	2.4	1.9	4.9	2.9	2.7	4.8
60 and over.....	0.9	1.0	3.1	2.7	2.5	1.9	1.6	2.9	3.0	2.3	2.0
20 and over.....	4.3	.7	2.3	2.1	1.7	1.3	1.2	2.6	2.4	2.2	2.3
Females:											
6-11.....	1.3	.9	3.7	3.4	4.0	3.4	.8	3.7	3.7	3.0	3.6
12-19.....	1.4	1.5	3.3	4.1	3.7	1.7	2.2	3.2	3.3	2.8	3.6
20-39.....	3.4	.8	2.7	3.7	2.7	2.3	1.0	3.0	2.3	1.9	2.7
40-59.....	1.3	1.6	2.6	3.0	2.0	2.6	1.2	3.1	3.2	2.6	3.0
60 and over.....	2.2	.8	2.7	2.4	2.6	1.3	1.1	2.3	2.5	2.2	2.1
20 and over.....	6.9	.5	1.6	2.2	1.4	1.5	.6	1.8	1.6	1.3	1.7
All individuals.....	19.2	.4	1.2	1.4	.9	1.1	.6	1.8	1.5	.9	1.3
<hr/>											
131-350% poverty:											
Males and females:											
1-2.....	1.3	.3	2.0	2.1	2.2	1.2	1.5	2.0	2.0	2.4	1.9
3-5.....	2.0	.3	2.2	2.0	2.1	1.4	1.3	1.5	2.1	2.7	2.0
5 and under ‡ .....	3.8	.7	1.7	1.7	1.7	1.0	1.0	1.2	1.5	1.8	1.5
Males:											
6-11.....	2.3	.5	3.2	2.8	3.1	1.1	2.1	2.5	2.8	2.5	2.8
12-19.....	2.4	1.0	3.5	3.5	3.0	1.7	1.8	2.4	3.5	2.4	3.7
20-39.....	6.9	.8	2.6	2.0	1.8	1.4	1.1	1.7	2.1	2.0	1.9
40-59.....	3.9	1.1	2.1	2.0	1.4	1.9	1.3	2.4	2.4	1.7	1.8
60 and over.....	3.2	.5	1.7	2.0	1.6	1.1	1.2	1.7	1.8	2.0	1.4
20 and over.....	14.0	.5	1.5	1.4	1.0	1.0	.8	1.3	1.2	1.3	1.2
Females:											
6-11.....	1.8	.6	2.9	3.0	3.1	1.6	1.5	2.4	3.0	2.9	2.8
12-19.....	2.4	.9	3.6	3.8	2.9	1.9	2.6	2.7	3.0	3.1	3.8
20-39.....	6.9	.7	2.0	2.2	1.6	1.1	1.3	2.2	2.1	1.9	2.3
40-59.....	3.9	1.0	2.6	2.4	2.1	1.4	1.2	2.0	1.8	2.5	2.7
60 and over.....	4.3	.5	1.6	2.3	2.0	1.0	.9	2.0	2.0	2.0	1.8
20 and over.....	15.1	.5	1.5	1.3	1.0	.7	.8	1.2	1.4	1.5	1.5
All individuals.....	41.8	.3	1.0	1.0	.6	.6	.7	.9	1.0	1.1	1.0

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 6Bse.--Grain products: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent</i>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	.4	3.0	2.3	2.5	2.6	1.6	2.2	3.3	2.5	3.1
3-5.....	1.2	--	2.5	2.3	2.4	1.5	1.7	3.0	2.5	2.4	3.5
5 and under ‡ .....	2.3	.9	2.0	1.5	1.7	1.6	1.0	2.1	2.0	2.0	2.2
Males:											
6-11.....	1.3	.7	3.7	3.8	3.5	2.5	2.1	3.7	3.6	3.7	5.3
12-19.....	2.0	.6	3.3	3.7	3.7	1.8	1.7	3.3	4.4	2.9	4.4
20-39.....	6.2	.9	2.2	1.9	1.6	1.3	1.2	1.5	2.0	2.4	1.8
40-59.....	6.7	.5	1.8	1.6	1.4	1.3	1.0	1.5	2.3	1.8	2.3
60 and over.....	2.7	.6	2.0	2.0	2.2	1.2	.9	1.9	2.0	2.6	2.2
20 and over.....	15.6	.5	1.3	1.3	1.0	1.0	.7	.9	1.4	1.4	1.4
Females:											
6-11.....	1.3	--	3.9	4.7	4.3	2.8	2.0	3.8	3.6	4.5	3.3
12-19.....	1.8	.8	2.8	3.3	2.7	2.2	2.1	2.9	3.5	3.9	3.6
20-39.....	5.5	.8	2.1	2.3	2.3	2.1	1.3	1.6	2.3	2.2	2.3
40-59.....	6.8	.5	1.5	2.0	1.5	.9	1.2	1.4	2.0	1.6	1.4
60 and over.....	2.5	.3	1.9	2.8	2.7	1.3	1.6	2.3	2.6	2.8	2.2
20 and over.....	14.8	.4	.9	1.4	1.4	1.0	.9	.9	1.4	1.2	1.2
All individuals.....	39.0	.3	.8	1.0	.7	.8	.5	.7	1.2	1.0	1.1
All Incomes.....	100	0.2	0.7	0.7	0.4	0.6	0.4	0.7	0.8	0.7	0.7

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 7Ase.--Vegetables: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent			Grams								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	6	2	2	1	2	3	*	1	2	4
3-5.....	1.5	7	4	2	1	1	1	1	1	2	3
5 and under ‡ .....	2.9	5	3	2	1	1	1	*	1	1	2
Males:											
6-11.....	1.1	12	7	5	1	1	2	2	1	2	6
12-19.....	1.5	22	17	7	4	3	3	3	4	4	8
20-39.....	2.4	16	11	8	8	1	5	2	2	1	6
40-59.....	1.0	19	11	5	2	2	7	2	7	8	11
60 and over.....	0.9	13	7	1	3	3	7	2	4	3	7
20 and over.....	4.3	11	7	5	5	1	3	1	2	2	5
Females:											
6-11.....	1.3	9	4	4	2	1	3	3	2	2	4
12-19.....	1.4	9	5	5	2	1	4	2	2	3	4
20-39.....	3.4	9	5	3	2	1	4	2	1	2	6
40-59.....	1.3	14	5	2	4	2	3	2	1	2	10
60 and over.....	2.2	12	5	2	3	2	3	1	2	2	6
20 and over.....	6.9	7	4	2	2	1	2	1	1	1	4
All individuals.....	19.2	5	3	2	1	1	1	1	1	1	3
131-350% poverty:											
Males and females:											
1-2.....	1.3	4	2	1	1	1	1	*	1	1	3
3-5.....	2.0	4	3	1	1	1	3	*	1	1	3
5 and under ‡ .....	3.8	3	2	1	1	1	2	*	1	1	2
Males:											
6-11.....	2.3	10	7	2	2	1	2	1	1	2	2
12-19.....	2.4	22	17	4	2	2	5	3	1	3	4
20-39.....	6.9	9	6	2	2	2	4	2	2	3	5
40-59.....	3.9	10	7	4	2	2	4	2	2	3	4
60 and over.....	3.2	10	4	2	2	2	3	1	2	2	6
20 and over.....	14.0	7	4	2	2	1	3	1	1	2	3
Females:											
6-11.....	1.8	9	4	2	2	1	2	1	3	2	5
12-19.....	2.4	11	9	4	1	1	3	2	2	2	4
20-39.....	6.9	10	4	2	2	1	3	2	1	2	4
40-59.....	3.9	10	3	2	2	2	3	2	1	1	6
60 and over.....	4.3	6	4	1	1	1	3	2	1	2	4
20 and over.....	15.1	5	3	1	1	1	2	1	1	1	3
All individuals.....	41.8	4	3	1	1	1	1	1	*	1	2

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 7Ase.—Vegetables: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent										
----- Grams -----											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	7	4	1	1	2	1	*	2	2	3
3-5.....	1.2	5	3	2	1	2	3	1	1	2	3
5 and under ‡ .....	2.3	4	2	1	1	1	2	*	1	1	2
Males:											
6-11.....	1.3	9	5	3	1	1	3	2	1	2	5
12-19.....	2.0	14	10	4	2	1	4	2	1	3	5
20-39.....	6.2	10	6	4	3	1	3	2	1	2	5
40-59.....	6.7	10	4	2	3	1	3	2	1	2	5
60 and over.....	2.7	12	6	2	3	2	5	2	3	4	6
20 and over.....	15.6	6	3	2	2	1	2	1	1	2	3
Females:											
6-11.....	1.3	10	4	3	1	2	3	2	1	3	6
12-19.....	1.8	16	7	5	4	1	3	3	1	2	8
20-39.....	5.5	9	3	2	3	3	3	2	1	2	4
40-59.....	6.8	8	3	1	2	2	2	2	1	1	5
60 and over.....	2.5	11	5	1	4	2	3	2	2	2	6
20 and over.....	14.8	5	2	1	2	2	2	1	1	1	3
All individuals.....	39.0	4	2	1	1	1	1	1	1	1	2
All incomes.....	100	3	2	1	1	*	1	*	*	1	1

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 7Bse.—Vegetables: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i>											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	2.5	2.7	3.0	1.5	1.5	2.3	1.1	1.4	1.6	2.3
3-5.....	1.5	1.9	3.0	2.5	1.1	1.4	2.6	1.7	2.0	2.0	2.3
5 and under ‡ .....	2.9	1.5	2.0	2.0	.8	1.1	2.0	1.1	1.1	1.1	1.7
Males:											
6-11.....	1.1	3.3	4.3	4.9	1.6	2.8	3.8	3.9	1.7	2.0	3.6
12-19.....	1.5	3.6	5.0	4.9	1.9	1.5	3.8	3.6	2.1	3.0	3.9
20-39.....	2.4	2.5	3.5	3.2	3.5	1.3	2.9	3.0	1.1	.9	3.3
40-59.....	1.0	3.2	4.9	3.3	.7	1.9	2.8	3.4	1.5	2.5	3.0
60 and over.....	0.9	2.6	3.4	1.4	2.0	1.6	3.1	2.0	2.5	2.3	2.4
20 and over.....	4.3	1.5	2.3	1.7	1.9	1.0	2.0	2.3	1.0	1.0	2.4
Females:											
6-11.....	1.3	2.9	3.9	3.9	1.6	1.8	4.1	2.7	2.9	2.3	3.0
12-19.....	1.4	3.7	3.8	3.6	1.2	1.4	3.8	3.4	1.4	2.6	4.3
20-39.....	3.4	2.2	2.7	2.5	1.4	1.6	2.4	2.4	1.5	1.7	3.7
40-59.....	1.3	2.8	3.1	2.3	1.5	1.8	3.1	2.4	1.2	2.0	3.2
60 and over.....	2.2	2.6	2.8	1.3	1.6	1.2	1.9	1.8	2.3	1.9	2.2
20 and over.....	6.9	1.5	2.0	1.4	1.0	.9	1.4	1.4	1.2	1.3	1.9
All individuals.....	19.2	1.1	1.4	1.1	.7	.5	1.1	1.1	.8	.7	1.5
131-350% poverty:											
Males and females:											
1-2.....	1.3	2.3	1.9	2.0	.9	1.3	1.7	.9	1.5	1.5	1.8
3-5.....	2.0	2.2	2.8	2.1	1.0	1.1	1.9	1.1	1.0	2.0	1.7
5 and under ‡ .....	3.8	1.5	1.7	1.3	.7	1.2	1.2	.6	1.0	1.4	1.4
Males:											
6-11.....	2.3	2.3	3.3	2.5	1.7	2.0	2.4	1.6	2.0	1.9	2.4
12-19.....	2.4	2.2	2.8	2.4	1.3	2.3	2.6	2.8	1.0	1.9	2.1
20-39.....	6.9	1.4	2.1	1.7	1.4	1.1	1.9	1.8	.9	1.6	2.2
40-59.....	3.9	1.3	2.6	2.7	1.3	1.4	2.7	2.1	1.7	2.1	2.1
60 and over.....	3.2	1.5	1.9	1.9	1.5	1.4	2.1	1.7	1.3	1.6	1.9
20 and over.....	14.0	.8	1.7	1.4	1.1	.7	1.5	1.2	.7	1.2	1.2
Females:											
6-11.....	1.8	2.8	2.6	2.7	1.3	1.9	2.0	1.6	1.4	1.8	2.8
12-19.....	2.4	2.3	2.9	3.2	1.3	1.8	3.2	2.6	2.1	1.6	2.5
20-39.....	6.9	1.8	2.1	1.6	1.2	1.5	2.6	2.1	1.0	1.2	2.5
40-59.....	3.9	1.8	2.4	1.9	1.4	1.9	2.3	2.5	1.2	1.6	2.5
60 and over.....	4.3	1.2	2.3	1.3	1.3	1.7	2.6	1.9	1.6	1.4	1.5
20 and over.....	15.1	1.2	1.5	1.0	.9	.8	1.8	1.3	.6	.6	1.4
All individuals.....	41.8	.7	1.1	.9	.7	.5	1.0	.8	.5	.6	.9

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 7Bse.—Vegetables: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
Percent			Percent								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	3.1	3.4	2.8	1.7	2.2	2.9	1.6	2.8	2.9	2.5
3-5.....	1.2	2.8	3.3	2.8	1.3	2.0	3.3	1.9	1.6	1.8	1.9
5 and under ‡ .....	2.3	2.5	2.7	2.0	1.3	1.8	2.4	1.3	1.4	2.0	1.7
Males:											
6-11.....	1.3	3.4	4.1	4.1	2.3	2.9	3.7	2.8	1.5	2.2	3.2
12-19.....	2.0	2.8	3.6	3.7	.8	1.6	2.9	3.0	.9	1.7	2.8
20-39.....	6.2	1.7	2.4	1.8	1.1	1.5	2.3	2.0	.9	1.5	2.1
40-59.....	6.7	1.1	1.5	1.3	1.2	1.2	1.9	1.5	1.1	1.4	2.0
60 and over.....	2.7	1.4	2.2	1.8	1.5	1.8	2.3	2.5	1.5	1.6	2.6
20 and over.....	15.6	.9	1.3	1.1	.8	.7	1.4	1.2	.7	1.1	1.3
Females:											
6-11.....	1.3	2.9	3.4	3.4	1.9	3.3	3.7	2.5	1.4	3.1	3.0
12-19.....	1.8	4.2	3.9	3.6	2.1	2.9	4.2	4.1	1.2	1.4	4.7
20-39.....	5.5	1.8	1.8	1.8	1.3	2.1	2.4	2.4	1.3	1.4	2.1
40-59.....	6.8	1.2	1.7	1.6	1.4	1.3	1.8	1.6	.8	1.1	1.9
60 and over.....	2.5	1.7	2.6	2.1	2.6	2.5	2.7	2.8	1.3	1.6	3.2
20 and over.....	14.8	1.1	1.1	1.1	1.0	1.0	1.5	1.4	.6	.7	1.4
All individuals.....	39.0	.7	.9	.8	.6	.7	1.0	.9	.5	.8	1.0
All incomes.....	100	0.4	0.8	0.6	0.4	0.4	0.6	0.6	0.4	0.5	0.6

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 8Ase.--Fruits: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Under 131% poverty:											
Males and females:											
1-2.....	1.0	16	7	6	*	16	2	2	2	3	13
3-5.....	1.5	11	8	8	*	10	3	2	3	3	7
5 and under ‡ .....	2.9	10	5	5	*	10	2	1	2	2	7
Males:											
6-11.....	1.1	23	12	10	*	14	5	2	6	6	8
12-19.....	1.5	22	15	14	2	18	2	2	16	1	7
20-39.....	2.4	14	12	13	*	8	5	2	3	3	7
40-59.....	1.0	24	14	14	1	16	5	4	5	3	13
60 and over.....	0.9	10	5	4	1	7	2	3	5	4	4
20 and over.....	4.3	10	9	9	*	6	3	1	2	2	3
Females:											
6-11.....	1.3	16	13	11	*	8	5	2	3	4	5
12-19.....	1.4	17	11	10	1	11	4	3	7	4	6
20-39.....	3.4	14	10	10	*	8	2	2	6	3	4
40-59.....	1.3	14	7	8	*	13	3	3	9	5	3
60 and over.....	2.2	10	7	6	1	10	3	2	6	4	5
20 and over.....	6.9	8	5	5	*	6	1	1	4	2	2
All individuals.....	19.2	5	4	4	*	4	1	1	3	1	2
131-350% poverty:											
Males and females:											
1-2.....	1.3	14	6	6	*	14	3	2	1	2	12
3-5.....	2.0	12	7	7	*	8	3	2	2	2	6
5 and under ‡ .....	3.8	9	4	4	*	8	2	1	1	2	6
Males:											
6-11.....	2.3	11	6	6	*	9	3	2	4	2	7
12-19.....	2.4	22	17	17	*	9	4	2	6	3	7
20-39.....	6.9	13	10	10	*	5	2	2	2	3	4
40-59.....	3.9	15	8	9	*	10	3	3	4	5	4
60 and over.....	3.2	8	5	5	*	7	3	3	3	4	4
20 and over.....	14.0	8	6	5	*	4	2	2	1	2	2
Females:											
6-11.....	1.8	14	8	8	*	9	3	2	3	3	6
12-19.....	2.4	15	10	10	--	12	2	1	7	2	11
20-39.....	6.9	9	7	7	*	7	3	2	2	2	5
40-59.....	3.9	13	6	6	*	9	3	3	8	3	3
60 and over.....	4.3	8	4	4	*	7	4	2	4	4	2
20 and over.....	15.1	5	4	4	*	5	2	1	3	1	2
All individuals.....	41.8	5	3	3	*	3	1	1	1	1	2

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 8Ase.--Fruits: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	18	6	6	1	14	4	2	4	4	14
3-5.....	1.2	13	7	7	*	11	3	3	7	4	10
5 and under ‡ .....	2.3	9	3	3	*	8	2	2	4	4	7
Males:											
6-11.....	1.3	18	14	14	*	16	9	4	4	5	12
12-19.....	2.0	27	22	21	*	13	3	3	3	3	10
20-39.....	6.2	13	10	11	*	8	3	2	3	3	4
40-59.....	6.7	10	6	6	*	7	2	2	4	2	5
60 and over.....	2.7	12	6	6	1	9	2	2	7	4	2
20 and over.....	15.6	8	5	6	*	5	2	1	2	2	2
Females:											
6-11.....	1.3	12	10	10	--	11	5	2	3	5	9
12-19.....	1.8	23	17	16	*	20	6	2	7	5	10
20-39.....	5.5	11	8	8	*	6	3	2	3	2	3
40-59.....	6.8	9	7	6	*	6	2	2	4	2	2
60 and over.....	2.5	12	8	8	1	9	5	3	4	4	4
20 and over.....	14.8	7	5	5	*	4	2	1	2	2	1
All individuals.....	39.0	6	4	4	*	3	1	1	2	1	2
All Incomes.....	100	4	3	3	*	2	1	0	1	1	1

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 8Bse.—Fruits: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	Percent					Percent					
Under 131% poverty:											
Males and females:											
1-2.....	1.0	2.4	2.6	2.3	1.0	3.2	2.0	2.0	.9	2.4	2.5
3-5.....	1.5	2.3	2.5	2.6	.9	2.9	2.1	1.6	1.2	2.0	2.2
5 and under ‡ .....	2.9	1.8	1.8	1.9	.7	2.4	1.6	1.1	.8	1.5	1.9
Males:											
6-11.....	1.1	4.4	4.0	3.2	.7	3.8	2.9	1.9	1.3	3.3	2.3
12-19.....	1.5	3.9	2.9	3.0	1.1	3.8	1.6	1.4	2.3	1.3	2.2
20-39.....	2.4	3.7	3.4	3.6	.3	2.8	1.5	.7	1.6	1.8	1.3
40-59.....	1.0	4.0	2.8	2.8	1.2	2.9	1.7	1.8	.9	1.8	1.8
60 and over.....	0.9	3.4	2.6	2.1	1.0	2.8	.9	2.0	1.6	2.0	1.2
20 and over.....	4.3	2.5	2.2	2.4	.4	1.9	.9	.7	1.0	1.1	.7
Females:											
6-11.....	1.3	4.7	3.8	3.7	.9	5.1	3.8	1.8	1.3	3.2	2.1
12-19.....	1.4	4.8	3.3	2.2	1.6	4.0	2.3	1.7	1.5	2.7	1.5
20-39.....	3.4	2.7	2.6	2.2	.3	2.3	.9	1.4	1.2	1.8	1.0
40-59.....	1.3	2.6	2.0	1.9	.7	2.9	1.4	1.9	2.3	2.2	1.3
60 and over.....	2.2	3.1	2.6	2.5	1.1	2.7	2.2	1.7	1.4	2.0	1.3
20 and over.....	6.9	1.7	1.5	1.3	.4	1.7	1.0	1.0	.9	1.2	.6
All individuals.....	19.2	1.1	1.0	1.0	.3	1.1	.6	.5	.6	.7	.6
131-350% poverty:											
Males and females:											
1-2.....	1.3	2.0	2.1	1.9	.9	2.3	2.6	1.9	.8	2.0	2.2
3-5.....	2.0	2.0	2.2	1.9	.8	2.3	1.4	1.6	1.1	1.5	1.9
5 and under ‡ .....	3.8	1.6	1.5	1.3	.6	1.9	1.4	1.1	.8	1.5	1.7
Males:											
6-11.....	2.3	3.3	2.3	2.3	.6	3.1	2.1	1.7	1.8	1.3	2.0
12-19.....	2.4	4.1	3.5	3.4	.4	2.9	2.2	1.3	1.6	1.5	1.3
20-39.....	6.9	2.0	2.2	2.1	.5	1.8	1.7	1.4	.7	1.3	.9
40-59.....	3.9	2.6	2.3	2.0	.5	2.6	1.6	1.8	.8	1.9	1.0
60 and over.....	3.2	1.7	2.1	1.9	.9	2.0	1.6	2.2	1.1	1.3	.9
20 and over.....	14.0	1.4	1.5	1.3	.3	1.3	1.0	1.1	.6	.9	.6
Females:											
6-11.....	1.8	3.1	2.5	2.4	.2	2.9	2.0	1.5	1.8	1.6	2.3
12-19.....	2.4	2.9	2.3	2.2	--	2.6	1.5	.9	1.5	1.2	2.5
20-39.....	6.9	2.0	1.7	1.3	.5	2.1	1.5	1.1	1.0	1.4	1.2
40-59.....	3.9	2.2	1.9	2.1	.7	2.0	1.8	1.8	1.6	1.6	.9
60 and over.....	4.3	2.0	1.9	1.8	.9	2.1	1.8	1.9	1.4	1.7	1.1
20 and over.....	15.1	1.2	1.1	1.1	.3	1.2	1.0	.9	.8	.9	.7
All individuals.....	41.8	.9	1.0	.8	.2	1.0	.7	.7	.4	.6	.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued



Table 8Bse.—Fruits: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Percent								
Over 350% poverty:											
Males and females:											
1-2.....	0.8	1.4	2.6	2.6	1.9	1.8	2.6	2.2	1.6	2.7	3.3
3-5.....	1.2	2.4	2.5	2.8	1.2	2.9	2.0	1.9	2.0	2.5	2.7
5 and under ‡ .....	2.3	1.5	1.5	1.6	.9	2.0	1.5	1.5	1.4	2.5	2.1
Males:											
6-11.....	1.3	4.0	3.2	3.4	1.0	4.1	3.7	2.4	2.2	2.3	2.3
12-19.....	2.0	3.5	3.3	3.0	.7	3.8	1.8	2.2	1.8	2.0	2.1
20-39.....	6.2	2.4	2.1	1.8	.5	2.0	1.2	1.5	.9	1.4	.8
40-59.....	6.7	1.9	1.9	1.5	.6	1.6	1.0	1.3	1.0	1.1	.9
60 and over.....	2.7	1.8	2.1	2.2	1.0	2.0	1.9	1.9	1.7	1.9	.9
20 and over.....	15.6	1.3	1.4	1.3	.4	1.2	.8	1.0	.8	.8	.5
Females:											
6-11.....	1.3	3.5	3.6	3.4	--	3.0	3.5	2.0	2.3	3.1	2.7
12-19.....	1.8	3.8	3.9	3.5	.8	3.8	2.5	1.4	1.9	3.7	2.8
20-39.....	5.5	2.5	2.3	2.3	1.0	2.4	1.8	1.5	1.2	1.3	.8
40-59.....	6.8	2.1	1.8	1.5	.5	1.9	1.4	1.4	1.2	1.4	.6
60 and over.....	2.5	1.6	2.3	2.3	1.1	2.2	2.8	3.0	2.2	2.7	1.5
20 and over.....	14.8	1.6	1.3	1.2	.5	1.6	1.0	1.0	.9	1.0	.5
All individuals.....	39.0	1.2	1.0	1.0	.3	1.0	.6	.6	.7	.7	.4
All Incomes.....	100	0.7	0.7	0.7	0.1	0.6	0.4	0.4	0.4	0.4	0.3

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9Ase.--Milk and milk products: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent			Grams							
Under 131% poverty:										
Males and females:										
1-2.....	1.0	16	17	17	20	13	2	1	4	1
3-5.....	1.5	15	17	17	12	11	16	1	4	1
5 and under ‡ .....	2.9	11	13	14	12	8	9	1	3	1
Males:										
6-11.....	1.1	30	31	32	19	24	6	1	6	2
12-19.....	1.5	49	48	47	25	28	12	1	6	3
20-39.....	2.4	44	30	22	19	17	9	1	15	2
40-59.....	1.0	24	19	22	13	12	4	1	8	4
60 and over.....	0.9	14	13	13	11	10	4	1	2	1
20 and over.....	4.3	26	18	15	11	11	5	1	8	2
Females:										
6-11.....	1.3	20	17	13	18	11	4	2	5	3
12-19.....	1.4	31	29	29	26	11	8	2	6	3
20-39.....	3.4	10	11	12	13	7	4	1	3	2
40-59.....	1.3	17	14	12	10	8	5	5	4	2
60 and over.....	2.2	11	11	11	6	9	7	2	2	1
20 and over.....	6.9	7	7	7	8	5	4	1	2	1
All individuals.....	19.2	9	8	7	7	6	2	1	3	1
131-350% poverty:										
Males and females:										
1-2.....	1.3	18	17	18	20	13	2	2	2	1
3-5.....	2.0	12	13	12	11	14	3	1	3	1
5 and under ‡ .....	3.8	12	12	10	11	10	2	1	2	1
Males:										
6-11.....	2.3	19	17	18	12	15	8	2	3	1
12-19.....	2.4	23	23	22	18	19	17	1	5	3
20-39.....	6.9	14	12	11	5	9	4	2	3	2
40-59.....	3.9	15	15	15	8	14	6	1	3	2
60 and over.....	3.2	12	11	11	8	6	6	1	3	1
20 and over.....	14.0	9	9	8	4	7	4	1	2	1
Females:										
6-11.....	1.8	19	19	19	14	16	5	1	4	1
12-19.....	2.4	16	15	14	10	13	5	2	4	2
20-39.....	6.9	13	12	10	5	7	6	2	3	2
40-59.....	3.9	14	12	11	6	8	4	2	4	1
60 and over.....	4.3	11	11	10	4	7	6	2	2	1
20 and over.....	15.1	8	8	6	3	5	4	1	2	1
All individuals.....	41.8	6	6	5	4	5	2	1	1	1

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 9Ase.--Milk and milk products: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent			Grams							
Over 350% poverty:										
Males and females:										
1-2.....	0.8	13	13	13	14	12	5	3	2	1
3-5.....	1.2	15	15	15	14	14	7	2	2	2
5 and under ‡ .....	2.3	13	14	13	10	10	4	2	1	1
Males:										
6-11.....	1.3	25	21	21	12	24	13	3	8	2
12-19.....	2.0	35	31	28	12	30	13	3	8	4
20-39.....	6.2	13	13	12	9	10	4	3	3	2
40-59.....	6.7	10	9	8	5	8	7	2	3	1
60 and over.....	2.7	12	10	10	4	7	7	2	5	3
20 and over.....	15.6	7	6	6	5	5	3	1	2	1
Females:										
6-11.....	1.3	23	24	21	10	16	15	2	5	3
12-19.....	1.8	25	21	21	9	20	8	2	7	2
20-39.....	5.5	12	11	9	4	7	7	3	3	2
40-59.....	6.8	8	7	6	2	4	5	3	3	1
60 and over.....	2.5	10	9	8	3	6	6	4	3	2
20 and over.....	14.8	6	5	4	2	4	4	2	2	1
All individuals.....	39.0	6	5	4	3	4	3	1	1	1
All Incomes.....	100	4	4	3	3	4	2	1	1	*

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 9Bse.--Milk and milk products: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent ----- Percent -----</i>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	1.4	1.9	2.1	2.7	2.7	.4	.7	2.1	3.2
3-5.....	1.5	1.4	2.0	2.1	3.2	2.2	1.2	.6	3.0	2.9
5 and under ‡ .....	2.9	1.0	1.2	1.5	2.2	1.6	.7	.4	2.0	2.2
Males:										
6-11.....	1.1	2.5	3.5	4.1	4.0	3.7	1.1	.7	3.6	3.2
12-19.....	1.5	3.0	3.6	3.8	3.4	3.9	1.2	.3	2.1	4.3
20-39.....	2.4	3.3	3.4	3.5	4.0	2.9	1.2	.5	3.5	3.2
40-59.....	1.0	4.9	4.9	5.5	3.3	2.9	1.0	.5	2.3	2.2
60 and over.....	0.9	2.4	3.2	3.0	2.5	2.8	1.2	.5	1.8	2.6
20 and over.....	4.3	1.9	1.8	1.9	2.1	2.0	.7	.4	2.0	1.9
Females:										
6-11.....	1.3	2.8	2.8	2.1	3.4	3.7	1.2	.8	3.1	3.6
12-19.....	1.4	4.2	4.4	4.3	3.1	3.1	1.6	.7	2.4	3.3
20-39.....	3.4	2.4	2.4	2.7	3.0	2.1	.8	.6	1.6	2.4
40-59.....	1.3	2.9	2.9	2.3	2.3	1.9	1.5	1.5	2.4	3.4
60 and over.....	2.2	2.5	3.2	3.3	2.5	2.3	2.2	.7	1.8	1.7
20 and over.....	6.9	1.4	1.5	1.7	1.8	1.3	1.0	.5	1.0	1.3
All individuals.....	19.2	.9	1.1	1.1	1.3	1.2	.5	.2	1.1	1.1
131-350% poverty:										
Males and females:										
1-2.....	1.3	.8	1.0	1.1	2.7	2.3	.9	1.2	1.9	2.1
3-5.....	2.0	.8	1.4	1.7	2.8	3.0	1.0	.9	2.4	2.3
5 and under ‡ .....	3.8	.8	.9	1.5	2.1	2.1	.7	.7	1.6	1.7
Males:										
6-11.....	2.3	1.6	2.5	3.1	2.9	3.6	2.1	1.2	2.4	2.3
12-19.....	2.4	2.2	2.8	3.3	3.3	3.8	1.6	.6	2.2	2.7
20-39.....	6.9	2.0	2.4	2.3	1.1	1.8	1.0	.7	1.2	2.0
40-59.....	3.9	2.3	2.3	1.9	2.6	2.1	1.6	.5	1.6	2.5
60 and over.....	3.2	1.7	1.9	2.0	2.2	1.9	1.4	.4	1.7	1.6
20 and over.....	14.0	1.1	1.5	1.4	1.2	1.4	.8	.4	1.1	1.3
Females:										
6-11.....	1.8	1.8	2.6	2.6	3.5	3.0	1.6	.7	2.6	2.8
12-19.....	2.4	2.3	2.6	2.8	2.4	2.7	1.3	1.0	2.0	3.0
20-39.....	6.9	1.6	2.2	2.0	2.3	1.8	1.1	.8	1.3	2.7
40-59.....	3.9	2.0	2.2	2.5	1.9	2.2	1.5	1.0	2.3	2.1
60 and over.....	4.3	1.9	2.0	2.1	1.7	2.0	1.6	.9	1.8	1.8
20 and over.....	15.1	1.1	1.3	1.2	1.4	1.5	.9	.5	1.0	1.4
All individuals.....	41.8	.7	.9	.8	1.2	1.3	.5	.3	.8	1.0

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 9Bse.--Milk and milk products: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent ----- Percent -----</i>										
Over 350% poverty:										
Males and females:										
1-2.....	0.8	.8	1.2	1.7	2.8	2.4	1.3	2.2	2.2	2.8
3-5.....	1.2	1.8	2.4	2.6	3.3	2.8	1.7	1.6	2.3	3.1
5 and under ‡ .....	2.3	1.3	1.5	2.3	2.2	2.0	1.0	1.3	1.5	2.3
Males:										
6-11.....	1.3	2.3	3.0	3.1	3.4	4.3	3.1	2.1	3.7	3.9
12-19.....	2.0	2.4	3.1	3.3	2.1	3.2	2.4	1.3	2.1	3.7
20-39.....	6.2	1.9	1.9	2.0	1.7	2.2	1.2	.7	1.9	2.4
40-59.....	6.7	1.3	1.3	1.5	1.4	1.5	1.2	1.0	1.5	1.7
60 and over.....	2.7	1.2	1.5	1.4	1.5	2.0	1.8	.6	2.1	2.2
20 and over.....	15.6	1.1	1.0	1.1	1.1	1.3	.8	.5	.9	1.2
Females:										
6-11.....	1.3	2.0	3.2	3.6	2.8	4.0	2.8	2.1	3.3	4.0
12-19.....	1.8	2.8	3.1	3.1	2.2	2.9	1.9	1.0	3.0	3.2
20-39.....	5.5	2.0	2.7	2.6	1.3	2.1	1.8	1.4	1.6	2.4
40-59.....	6.8	1.2	1.9	2.0	.9	1.7	1.4	1.1	1.4	1.5
60 and over.....	2.5	1.8	3.0	3.1	1.8	1.7	2.4	1.5	2.6	2.7
20 and over.....	14.8	1.1	1.5	1.6	.8	1.2	1.2	.8	1.1	1.3
All individuals.....	39.0	.8	.9	1.0	.8	1.0	.8	.5	.7	.9
All Incomes.....	100	0.6	0.7	0.7	0.8	0.9	0.5	0.3	0.5	0.8

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10Ase.--Meat, poultry, and fish: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
Percent											
Grams											
Under 131% poverty:											
Males and females:											
1-2.....	1.0	6	2	1	*	*	2	2	1	2	4
3-5.....	1.5	7	2	1	*	*	2	2	1	1	7
5 and under ‡ .....	2.9	4	1	1	*	*	1	1	1	1	4
Males:											
6-11.....	1.1	9	3	2	*	--	3	3	3	4	10
12-19.....	1.5	16	7	5	*	--	9	6	6	5	15
20-39.....	2.4	32	17	3	1	1	4	4	4	8	14
40-59.....	1.0	19	6	7	2	2	8	8	8	2	16
60 and over.....	0.9	12	3	3	1	1	3	3	3	4	12
20 and over.....	4.3	14	9	2	*	1	3	3	3	4	6
Females:											
6-11.....	1.3	12	6	2	*	1	3	3	3	2	10
12-19.....	1.4	18	4	2	--	*	4	4	4	3	17
20-39.....	3.4	10	2	2	*	*	3	3	3	4	8
40-59.....	1.3	12	3	3	1	--	3	4	4	3	10
60 and over.....	2.2	6	2	1	*	1	2	2	2	2	6
20 and over.....	6.9	6	1	1	*	*	2	2	2	3	4
All individuals.....	19.2	6	3	1	*	*	1	1	1	2	3
131-350% poverty:											
Males and females:											
1-2.....	1.3	4	1	*	*	--	2	2	2	1	4
3-5.....	2.0	4	1	1	*	--	1	2	2	1	4
5 and under ‡ .....	3.8	2	1	1	*	*	1	1	1	1	3
Males:											
6-11.....	2.3	10	2	2	*	*	3	4	4	2	9
12-19.....	2.4	16	5	3	1	--	3	5	5	2	17
20-39.....	6.9	10	4	2	1	*	2	5	3	2	9
40-59.....	3.9	13	4	3	1	1	3	3	3	2	12
60 and over.....	3.2	7	4	1	*	1	2	2	2	2	5
20 and over.....	14.0	6	3	1	*	1	1	3	2	1	6
Females:											
6-11.....	1.8	7	3	1	*	--	2	4	3	1	6
12-19.....	2.4	11	4	1	*	--	2	3	3	1	9
20-39.....	6.9	8	2	1	1	*	2	4	3	1	6
40-59.....	3.9	7	2	1	*	*	1	3	3	2	7
60 and over.....	4.3	6	2	1	*	*	1	2	2	2	6
20 and over.....	15.1	4	1	1	*	*	1	2	2	1	4
All individuals.....	41.8	4	1	1	*	*	1	1	1	1	4

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 10Ase.--Meat, poultry, and fish: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent</i>		<i>Grams</i>									
Over 350% poverty:											
Males and females:											
1-2.....	0.8	4	1	*	*	--	1	2	2	1	5
3-5.....	1.2	6	2	1	*	--	3	2	2	1	5
5 and under ‡ .....	2.3	4	1	1	*	--	2	1	1	*	4
Males:											
6-11.....	1.3	10	4	1	--	*	3	6	6	2	7
12-19.....	2.0	16	5	3	1	--	4	9	5	2	16
20-39.....	6.2	12	3	3	1	*	2	3	3	2	11
40-59.....	6.7	11	3	1	1	*	2	3	2	2	10
60 and over.....	2.7	9	3	2	1	*	2	3	3	2	9
20 and over.....	15.6	7	1	1	1	*	2	2	2	1	6
Females:											
6-11.....	1.3	8	2	2	--	--	2	3	3	2	10
12-19.....	1.8	11	4	1	--	--	2	4	2	2	10
20-39.....	5.5	10	2	1	*	*	2	2	2	2	8
40-59.....	6.8	6	2	1	*	*	1	2	1	2	6
60 and over.....	2.5	8	2	2	1	*	1	2	2	2	8
20 and over.....	14.8	4	1	1	*	*	1	1	1	1	5
All individuals.....	39.0	4	1	1	*	*	1	2	1	1	4
All incomes.....	100	3	1	*	*	*	1	1	1	1	2

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 10Bse.--Meat, poultry, and fish: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent						Percent				
Under 131% poverty:											
Males and females:											
1-2.....	1.0	2.6	2.0	1.6	.2	.2	2.7	2.3	2.3	1.6	2.6
3-5.....	1.5	1.4	2.3	1.9	.3	.3	2.6	2.0	1.7	1.2	2.8
5 and under ‡ .....	2.9	1.3	1.5	1.2	.2	.4	2.0	1.4	1.4	.8	1.6
Males:											
6-11.....	1.1	2.3	2.9	2.9	.4	--	3.3	3.1	3.8	2.1	3.6
12-19.....	1.5	2.6	3.6	3.3	.3	--	4.0	3.9	3.9	2.0	3.6
20-39.....	2.4	2.2	4.2	2.4	.6	.3	3.3	2.7	2.6	3.6	3.4
40-59.....	1.0	2.8	3.6	3.8	.5	2.0	5.0	2.6	2.6	1.8	4.0
60 and over.....	0.9	2.1	2.1	2.0	1.2	1.0	3.1	2.2	2.1	1.9	3.1
20 and over.....	4.3	1.5	2.5	1.6	.4	.5	1.7	1.8	1.7	2.0	1.7
Females:											
6-11.....	1.3	2.0	3.1	2.9	.3	.6	2.9	3.1	2.9	2.4	4.4
12-19.....	1.4	3.0	3.3	2.9	--	.4	3.4	3.1	3.4	2.3	3.4
20-39.....	3.4	2.1	2.1	1.9	.3	.2	2.6	1.9	1.9	1.4	2.3
40-59.....	1.3	1.8	2.1	2.8	.4	--	2.7	3.2	2.9	1.7	2.5
60 and over.....	2.2	1.7	1.8	2.1	.6	.6	2.5	2.1	2.0	1.4	2.7
20 and over.....	6.9	1.4	1.4	1.5	.3	.2	1.7	1.3	1.4	.9	1.6
All individuals.....	19.2	.9	1.2	1.2	.2	.2	1.1	.8	.9	.7	1.2
131-350% poverty:											
Males and females:											
1-2.....	1.3	1.5	1.1	1.2	.4	--	2.4	1.9	1.8	.9	2.1
3-5.....	2.0	1.6	1.7	2.0	.3	--	1.9	2.2	2.2	1.2	2.3
5 and under ‡ .....	3.8	1.2	1.1	1.1	.2	.1	1.5	1.6	1.5	.8	1.5
Males:											
6-11.....	2.3	1.9	2.4	1.9	.4	.2	2.8	2.9	2.9	1.4	2.7
12-19.....	2.4	2.3	2.4	2.1	.7	--	2.7	2.6	2.5	1.3	3.6
20-39.....	6.9	1.6	1.9	1.5	.5	.4	2.0	1.7	1.8	1.1	2.3
40-59.....	3.9	2.1	2.2	2.2	.5	.6	2.1	2.0	2.1	1.2	2.2
60 and over.....	3.2	.8	2.2	1.9	.3	.5	2.3	1.7	1.7	1.0	1.8
20 and over.....	14.0	.9	1.4	1.0	.3	.4	1.2	1.1	1.2	.6	1.5
Females:											
6-11.....	1.8	2.4	2.4	1.7	.5	--	2.8	2.8	2.6	1.3	2.6
12-19.....	2.4	2.3	2.7	2.3	.2	--	2.1	2.6	2.5	1.6	3.0
20-39.....	6.9	1.7	1.6	1.4	.5	.4	1.7	2.6	2.6	1.1	2.1
40-59.....	3.9	1.5	1.7	1.8	.5	.4	2.0	2.1	2.1	1.1	1.8
60 and over.....	4.3	1.4	1.8	1.9	.3	.4	1.6	1.5	1.5	1.4	2.1
20 and over.....	15.1	.9	.7	1.0	.3	.2	1.0	1.4	1.5	.8	1.3
All individuals.....	41.8	.6	.8	.7	.2	.2	.7	.9	1.0	.4	1.1

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 10Bse.--Meat, poultry, and fish: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
Over 350% poverty:											
Males and females:											
1-2.....	0.8	2.2	1.9	1.3	.9	--	2.7	2.8	2.7	1.1	2.0
3-5.....	1.2	2.6	2.2	2.1	.3	--	3.2	3.3	3.4	1.1	3.3
5 and under ‡ .....	2.3	2.3	1.6	1.2	.4	--	2.5	2.1	2.1	.8	2.3
Males:											
6-11.....	1.3	2.9	4.2	2.7	--	.4	4.1	3.9	3.6	2.1	2.7
12-19.....	2.0	2.2	2.9	2.9	.5	--	2.9	3.3	3.0	1.3	3.7
20-39.....	6.2	1.2	1.7	1.5	.7	.2	1.9	2.0	1.9	1.5	2.4
40-59.....	6.7	1.1	1.5	1.2	.5	.3	1.8	1.9	1.6	1.3	2.2
60 and over.....	2.7	1.4	2.2	1.8	.6	.3	2.2	2.1	1.8	1.2	2.5
20 and over.....	15.6	.7	.9	.9	.4	.2	1.3	1.4	1.1	.9	1.5
Females:											
6-11.....	1.3	2.3	2.5	2.4	--	--	3.2	2.8	3.0	1.9	3.2
12-19.....	1.8	3.8	2.7	2.0	--	--	2.8	2.4	2.4	1.5	3.3
20-39.....	5.5	1.8	1.7	1.4	.3	.1	2.2	1.9	1.7	1.2	2.2
40-59.....	6.8	1.3	1.7	1.4	.5	.2	1.5	1.4	1.3	1.1	1.8
60 and over.....	2.5	1.3	2.2	2.0	.8	.2	2.1	2.0	1.9	1.8	2.3
20 and over.....	14.8	1.0	1.0	1.0	.3	.1	1.3	1.1	.9	.8	1.4
All individuals.....	39.0	.8	.8	.7	.3	.1	1.0	1.1	.9	.6	1.0
All incomes.....	100	0.4	0.6	0.5	0.1	0.1	0.5	0.6	0.6	0.3	0.7

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11Ase.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of mean quantities (in grams) consumed per individual, by income, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<hr/>										
Percent		Grams								
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2	4	*	*	*	*	1	*	1
3-5.....	1.5	2	2	1	*	*	*	2	*	1
5 and under ‡ .....	2.9	1	3	*	*	*	*	1	*	1
Males:										
6-11.....	1.1	2	7	1	1	*	1	5	1	2
12-19.....	1.5	7	8	1	2	1	1	4	*	2
20-39.....	2.4	8	9	1	6	3	1	12	1	3
40-59.....	1.0	4	10	1	2	1	1	4	3	2
60 and over.....	0.9	2	6	1	1	*	1	2	1	1
20 and over.....	4.3	4	7	1	3	2	1	6	1	2
Females:										
6-11.....	1.3	4	5	1	1	*	1	6	*	2
12-19.....	1.4	3	5	1	1	*	1	6	1	1
20-39.....	3.4	2	4	2	1	*	1	2	1	1
40-59.....	1.3	3	5	1	1	*	1	3	1	1
60 and over.....	2.2	2	6	*	1	1	1	2	*	1
20 and over.....	6.9	1	3	1	1	*	1	2	1	1
All individuals.....	19.2	2	3	*	1	*	*	2	*	1
<hr/>										
131-350% poverty:										
Males and females:										
1-2.....	1.3	1	4	1	*	*	*	2	*	1
3-5.....	2.0	2	2	1	*	*	*	4	*	1
5 and under ‡ .....	3.8	1	6	1	*	*	*	2	*	1
Males:										
6-11.....	2.3	2	2	1	1	*	1	4	*	2
12-19.....	2.4	3	8	2	2	1	1	3	1	2
20-39.....	6.9	2	5	1	1	*	1	2	1	1
40-59.....	3.9	2	5	1	1	1	1	2	1	1
60 and over.....	3.2	2	7	1	1	*	1	2	1	1
20 and over.....	14.0	1	3	1	1	*	1	1	*	1
Females:										
6-11.....	1.8	2	3	1	1	*	1	5	*	1
12-19.....	2.4	2	2	*	1	1	1	4	1	2
20-39.....	6.9	2	3	1	1	*	1	2	1	1
40-59.....	3.9	2	3	*	1	*	1	1	*	1
60 and over.....	4.3	1	4	*	1	1	1	2	*	1
20 and over.....	15.1	1	2	*	1	*	1	1	*	1
All individuals.....	41.8	1	2	*	1	*	*	1	*	*

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 11Ase.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent				Grams					
Over 350% poverty:										
Males and females:										
1-2.....	0.8	2	4	1	*	*	*	2	*	1
3-5.....	1.2	2	3	*	1	*	*	4	*	1
5 and under ‡ .....	2.3	1	6	*	*	*	*	2	*	1
Males:										
6-11.....	1.3	3	3	1	1	1	1	6	*	2
12-19.....	2.0	3	3	1	1	1	1	7	*	3
20-39.....	6.2	2	7	1	1	1	1	2	*	1
40-59.....	6.7	2	4	1	1	*	1	3	*	2
60 and over.....	2.7	2	8	1	1	*	1	3	*	1
20 and over.....	15.6	1	3	*	1	*	1	2	*	1
Females:										
6-11.....	1.3	2	2	1	1	*	1	7	*	4
12-19.....	1.8	2	9	2	1	1	1	4	*	2
20-39.....	5.5	2	4	*	1	*	1	2	*	1
40-59.....	6.8	1	2	1	1	*	1	2	*	1
60 and over.....	2.5	2	3	1	2	1	1	3	*	*
20 and over.....	14.8	1	2	*	1	*	1	2	*	1
All individuals.....	39.0	1	2	*	1	*	*	1	*	1
All incomes.....	100	*	1	*	*	*	*	1	*	*

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 11Bse.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<hr/>										
Percent					Percent					
<hr/>										
Under 131% poverty:										
Males and females:										
1-2.....	1.0	2.3	2.1	1.9	2.1	1.4	1.7	1.9	1.6	2.0
3-5.....	1.5	2.3	1.5	1.9	2.7	2.2	2.2	2.8	1.9	2.2
5 and under ‡ .....	2.9	1.8	1.2	1.3	1.7	1.2	1.4	1.8	1.3	1.5
Males:										
6-11.....	1.1	2.9	3.2	2.4	3.1	3.5	2.8	4.4	3.5	2.8
12-19.....	1.5	3.7	3.3	1.8	4.0	3.8	3.1	4.1	3.5	2.1
20-39.....	2.4	4.7	2.6	1.4	3.4	3.4	2.4	4.1	3.7	2.3
40-59.....	1.0	2.7	2.8	2.3	3.4	2.4	3.2	4.7	4.9	2.3
60 and over.....	0.9	2.5	1.8	1.5	2.9	2.7	2.4	2.8	3.4	1.2
20 and over.....	4.3	2.9	1.8	1.0	2.1	2.2	1.8	2.1	1.8	1.4
Females:										
6-11.....	1.3	4.8	3.1	2.3	4.6	3.6	3.5	4.0	2.6	4.2
12-19.....	1.4	3.1	2.7	1.7	3.9	3.4	3.4	4.5	2.3	2.5
20-39.....	3.4	2.1	2.3	1.4	3.2	2.3	2.4	2.5	3.0	1.7
40-59.....	1.3	2.8	3.0	1.3	2.5	2.6	2.4	2.4	2.5	1.9
60 and over.....	2.2	1.9	1.7	1.1	3.6	3.3	1.6	3.3	3.3	1.9
20 and over.....	6.9	1.3	1.5	.9	2.1	1.7	1.4	1.6	1.8	1.2
All individuals.....	19.2	1.0	1.4	.6	1.6	1.4	1.1	1.0	1.1	1.0
131-350% poverty:										
Males and females:										
1-2.....	1.3	1.9	1.1	1.4	2.2	2.1	1.3	1.6	1.1	1.8
3-5.....	2.0	1.5	1.2	1.7	2.5	2.5	1.3	2.3	1.4	2.0
5 and under ‡ .....	3.8	1.0	1.2	1.1	1.5	1.6	.9	1.3	.8	1.3
Males:										
6-11.....	2.3	1.9	1.6	2.1	2.4	2.1	2.5	2.9	1.7	2.4
12-19.....	2.4	2.0	1.9	2.5	4.0	3.0	2.4	3.2	2.0	2.5
20-39.....	6.9	1.6	1.7	1.4	2.6	1.6	2.2	2.2	2.0	1.3
40-59.....	3.9	1.9	2.0	1.1	2.3	2.4	1.7	3.0	2.6	1.4
60 and over.....	3.2	1.8	1.4	1.1	2.0	1.9	1.9	1.9	1.8	1.3
20 and over.....	14.0	1.1	1.1	.8	1.7	1.3	1.2	1.5	1.2	.9
Females:										
6-11.....	1.8	1.9	1.9	2.0	3.6	3.3	2.7	2.4	2.1	2.3
12-19.....	2.4	2.9	1.8	1.1	3.2	2.6	2.8	3.4	1.6	2.8
20-39.....	6.9	1.8	1.4	1.0	2.3	1.9	2.3	1.9	1.6	1.4
40-59.....	3.9	1.9	2.2	1.1	2.1	2.0	2.8	1.9	1.8	1.5
60 and over.....	4.3	1.3	1.5	1.1	2.0	2.4	1.8	1.6	1.7	1.1
20 and over.....	15.1	1.2	.9	.6	1.3	1.2	1.3	1.2	1.1	1.0
All individuals.....	41.8	.9	.7	.5	1.1	1.0	.8	.9	.7	.8

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 11Bse.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	Percent				Percent					
Over 350% poverty:										
Males and females:										
1-2.....	0.8	2.4	1.9	2.4	2.5	2.3	1.7	3.2	1.4	2.5
3-5.....	1.2	2.7	1.9	2.4	3.0	2.1	2.0	3.5	1.8	2.8
5 and under ‡ .....	2.3	1.5	1.5	1.6	2.1	1.6	1.4	2.4	1.2	2.1
Males:										
6-11.....	1.3	2.0	2.1	3.0	3.4	3.4	2.7	5.0	2.5	3.9
12-19.....	2.0	1.9	2.0	1.7	3.2	3.0	3.1	3.9	1.9	3.4
20-39.....	6.2	1.4	1.6	.9	2.4	2.5	2.0	2.3	2.1	1.6
40-59.....	6.7	1.4	1.4	1.0	1.7	1.6	1.5	2.4	2.1	1.5
60 and over.....	2.7	1.5	1.8	1.4	2.0	2.6	2.3	2.0	2.5	1.5
20 and over.....	15.6	1.0	1.1	.7	1.4	1.3	1.3	1.5	1.2	.9
Females:										
6-11.....	1.3	1.8	2.4	3.5	2.6	3.4	2.5	3.9	2.4	3.3
12-19.....	1.8	1.8	2.3	2.1	4.1	3.1	4.0	2.9	1.9	3.2
20-39.....	5.5	1.7	2.4	1.4	2.7	2.3	2.4	2.2	2.1	1.4
40-59.....	6.8	1.2	1.3	1.1	1.5	1.6	1.8	1.9	2.0	1.4
60 and over.....	2.5	2.2	2.1	1.5	2.0	3.1	2.5	3.0	2.6	1.5
20 and over.....	14.8	.9	.9	.8	1.2	1.2	1.4	1.5	1.3	.8
All individuals.....	39.0	.6	.8	.4	.9	.9	1.0	1.0	.9	.6
All incomes.....	100	0.5	0.6	0.3	0.9	0.8	0.7	0.6	0.6	0.5

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12Ase.--Beverages: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i> ----- <i>Grams</i> -----														
Under 131% poverty:														
Males and females:														
1-2.....	1.0	12	--	--	--	12	*	4	11	10	3	5	5	1
3-5.....	1.5	16	--	--	--	16	*	6	13	13	2	7	7	2
5 and under ‡ .....	2.9	10	--	--	--	10	*	4	8	8	2	5	5	1
Males:														
6-11.....	1.1	31	--	--	--	31	3	8	25	23	5	20	20	1
12-19.....	1.5	86	24	1	18	83	7	61	36	34	6	59	60	4
20-39.....	2.4	99	124	1	121	59	31	29	28	30	9	33	37	17
40-59.....	1.0	91	42	2	40	87	89	44	75	76	8	34	33	18
60 and over.....	0.9	35	10	1	10	34	27	19	8	8	2	15	14	9
20 and over.....	4.3	66	73	1	71	39	19	22	23	24	6	20	24	11
Females:														
6-11.....	1.3	30	--	--	--	30	1	16	19	19	4	24	24	2
12-19.....	1.4	43	3	1	3	42	4	23	23	23	5	32	33	8
20-39.....	3.4	56	14	2	12	52	20	18	16	16	4	37	36	13
40-59.....	1.3	60	7	5	5	60	46	22	26	21	9	18	16	15
60 and over.....	2.2	27	1	*	1	27	20	15	11	11	2	9	9	4
20 and over.....	6.9	29	7	2	6	27	18	10	11	10	3	19	18	9
All individuals.....	19.2	25	17	1	16	18	9	9	9	9	2	12	12	4
131-350% poverty:														
Males and females:														
1-2.....	1.3	10	--	--	--	10	*	3	9	9	6	4	3	1
3-5.....	2.0	16	--	--	--	16	*	5	13	14	2	8	8	3
5 and under ‡ .....	3.8	11	--	--	--	11	*	3	9	9	2	5	4	2
Males:														
6-11.....	2.3	28	--	--	--	28	1	14	14	14	4	17	19	10
12-19.....	2.4	81	29	1	28	67	3	38	26	22	15	57	58	6
20-39.....	6.9	54	34	2	34	47	30	30	12	13	6	31	31	12
40-59.....	3.9	58	28	3	26	52	41	22	18	16	5	25	25	14
60 and over.....	3.2	30	13	3	13	26	28	12	9	7	3	9	7	6
20 and over.....	14.0	33	19	1	18	26	20	20	8	8	4	19	19	7
Females:														
6-11.....	1.8	22	--	--	--	22	2	7	13	11	6	19	20	4
12-19.....	2.4	46	3	--	2	47	9	16	26	24	9	33	37	9
20-39.....	6.9	36	16	2	13	34	18	16	14	13	3	22	20	12
40-59.....	3.9	32	7	2	5	32	25	20	10	10	3	22	11	16
60 and over.....	4.3	24	3	2	2	24	17	17	6	4	4	8	7	5
20 and over.....	15.1	20	8	1	6	21	16	11	6	6	2	13	10	8
All individuals.....	41.8	18	8	1	8	17	10	12	5	5	1	11	10	4

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 12Ase.--Beverages: Standard errors of mean quantities (in grams) consumed per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
Over 350% poverty:														
Males and females:														
1-2.....	0.8	16	--	--	--	16	--	3	13	10	5	6	5	3
3-5.....	1.2	16	--	--	--	16	*	5	14	12	3	12	12	6
5 and under ‡ .....	2.3	10	--	--	--	10	*	3	9	8	2	7	7	3
Males:														
6-11.....	1.3	30	*	--	--	30	--	8	19	17	7	26	23	11
12-19.....	2.0	61	10	--	10	60	10	16	34	28	15	48	50	8
20-39.....	6.2	64	54	5	53	47	33	14	12	9	8	24	27	20
40-59.....	6.7	41	24	4	22	39	29	20	7	6	5	19	15	13
60 and over.....	2.7	35	15	4	15	32	19	14	6	5	5	13	9	9
20 and over.....	15.6	36	27	2	26	31	18	11	7	5	4	16	15	9
Females:														
6-11.....	1.3	35	*	--	--	35	--	5	15	16	3	31	28	8
12-19.....	1.8	36	11	2	8	34	7	17	21	16	13	28	32	16
20-39.....	5.5	62	15	4	15	54	38	15	9	9	3	31	27	24
40-59.....	6.8	27	9	4	9	27	18	17	7	5	5	16	10	13
60 and over.....	2.5	32	6	4	3	33	27	17	3	3	2	13	11	10
20 and over.....	14.8	30	7	3	7	29	17	11	4	4	2	16	11	12
All individuals.....	39.0	21	11	1	11	20	11	7	4	3	2	12	10	7
All incomes.....	100	15	7	1	6	15	7	7	3	2	1	9	8	4

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 12Bse.--Beverages: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<hr/>														
Percent			Percent											
Under 131% poverty:														
Males and females:														
1-2.....	1.0	1.9	--	--	--	1.9	.3	1.4	2.2	2.3	.6	2.1	2.0	.6
3-5.....	1.5	2.2	--	--	--	2.2	.6	1.3	2.7	2.8	.8	2.5	2.4	.8
5 and under ‡ .....	2.9	1.8	--	--	--	1.8	.3	.9	1.8	2.0	.6	1.8	1.8	.5
Males:														
6-11.....	1.1	4.5	--	--	--	4.5	1.5	1.8	5.3	5.1	1.1	4.1	4.2	.6
12-19.....	1.5	2.5	1.3	.7	1.1	2.5	2.4	3.1	4.3	3.9	1.3	3.9	4.1	.9
20-39.....	2.4	2.0	3.6	.6	3.6	2.7	4.1	4.4	2.8	2.9	.8	4.2	4.9	1.5
40-59.....	1.0	2.1	2.4	.5	2.0	2.5	6.7	3.0	4.3	4.4	.9	2.5	2.4	1.5
60 and over.....	0.9	1.5	1.2	.4	.8	1.8	3.4	2.6	1.6	1.8	.5	2.7	2.7	1.5
20 and over.....	4.3	1.3	2.3	.4	2.3	1.8	2.6	2.9	1.9	1.9	.5	2.6	3.2	1.1
Females:														
6-11.....	1.3	3.5	--	--	--	3.5	.5	2.7	3.8	3.8	1.1	3.5	3.4	1.1
12-19.....	1.4	2.3	1.4	.7	.9	2.3	1.2	2.6	3.8	3.9	1.2	3.6	4.1	1.8
20-39.....	3.4	1.6	1.1	.5	.8	1.7	2.7	2.2	2.6	2.6	.7	2.9	2.6	2.0
40-59.....	1.3	1.8	1.0	.8	.7	1.8	3.0	2.3	2.5	1.8	1.3	2.4	2.4	2.0
60 and over.....	2.2	2.2	.6	.3	.4	2.2	3.0	2.8	2.2	2.1	.6	2.1	1.9	1.3
20 and over.....	6.9	1.1	.7	.3	.5	1.1	2.1	1.5	1.7	1.7	.5	1.7	1.7	1.3
All individuals.....	19.2	.9	.7	.2	.7	1.0	1.2	1.1	1.3	1.4	.4	1.1	1.2	.7
131-350% poverty:														
Males and females:														
1-2.....	1.3	1.9	--	--	--	1.9	.2	1.3	1.9	2.0	.7	1.6	1.5	.6
3-5.....	2.0	1.8	--	--	--	1.8	.2	1.4	2.1	2.1	.6	2.3	1.9	1.2
5 and under ‡ .....	3.8	1.7	--	--	--	1.7	.1	1.0	1.6	1.5	.4	1.7	1.4	.8
Males:														
6-11.....	2.3	2.5	--	--	--	2.5	.5	2.3	2.8	2.8	1.3	2.2	2.4	2.0
12-19.....	2.4	3.1	1.1	.3	1.1	3.1	1.1	4.0	3.6	2.8	1.8	2.7	3.2	1.1
20-39.....	6.9	1.1	2.0	.6	1.8	1.4	2.3	3.4	1.5	1.8	.6	2.2	2.4	1.1
40-59.....	3.9	.8	1.6	.9	1.3	1.1	2.4	2.3	1.9	1.7	.8	2.1	2.3	1.6
60 and over.....	3.2	1.0	1.5	1.0	1.1	1.1	2.0	2.3	1.2	1.1	.6	1.6	1.3	1.1
20 and over.....	14.0	.6	1.2	.5	1.1	.8	1.4	2.3	1.0	1.1	.4	1.4	1.6	.8
Females:														
6-11.....	1.8	2.7	--	--	--	2.7	.8	2.2	3.0	2.8	1.1	3.3	3.4	1.2
12-19.....	2.4	2.4	.9	--	.7	2.5	1.3	3.3	3.0	2.7	1.3	3.2	3.2	1.6
20-39.....	6.9	1.1	1.7	.7	1.1	1.2	2.0	1.9	1.8	1.7	.6	2.1	2.4	1.3
40-59.....	3.9	1.3	1.0	.6	.7	1.3	2.1	2.2	1.6	1.4	.6	2.7	2.2	1.7
60 and over.....	4.3	1.4	1.1	.9	.4	1.4	2.1	2.0	1.4	1.3	.5	1.8	1.6	1.1
20 and over.....	15.1	.7	.9	.5	.5	.7	1.5	1.3	1.0	.9	.4	1.4	1.4	.9
All individuals.....	41.8	.6	.6	.3	.5	.7	.8	1.5	.7	.7	.2	1.0	1.1	.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Table 12Bse.--Beverages: Standard errors of percentages of individuals consuming, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>														
<i>Percent</i>														
Over 350% poverty:														
Males and females:														
1-2.....	0.8	3.3	--	--	--	3.3	--	.9	2.6	2.2	1.3	2.2	1.9	1.1
3-5.....	1.2	3.0	--	--	--	3.0	.3	1.3	2.7	2.2	1.6	3.1	2.6	1.8
5 and under ‡ .....	2.3	2.1	--	--	--	2.1	.1	.7	1.9	1.6	.8	1.9	1.7	1.1
Males:														
6-11.....	1.3	3.4	.8	--	--	3.4	--	2.1	3.1	3.4	2.0	4.2	4.2	1.9
12-19.....	2.0	1.7	1.1	--	.8	1.7	1.9	2.5	2.5	2.7	1.7	3.5	3.7	1.3
20-39.....	6.2	1.0	2.0	1.2	1.9	1.2	2.5	1.8	1.6	1.6	.9	2.4	2.4	1.7
40-59.....	6.7	.8	1.6	1.1	1.4	.8	1.6	2.0	1.2	1.1	.6	1.8	1.9	1.4
60 and over.....	2.7	1.2	2.2	1.6	1.5	1.3	1.6	2.2	1.4	1.2	.8	1.8	1.8	1.4
20 and over.....	15.6	.4	1.1	.7	.9	.5	1.5	1.4	1.1	1.0	.5	1.5	1.6	.9
Females:														
6-11.....	1.3	3.1	.7	--	--	3.1	--	2.1	3.9	4.0	.9	3.1	3.0	2.3
12-19.....	1.8	2.5	.7	.6	.7	2.5	1.2	3.0	3.7	3.7	2.0	2.8	3.8	2.6
20-39.....	5.5	1.5	1.8	1.1	1.2	1.5	2.5	2.2	1.8	1.7	.8	2.1	2.5	2.3
40-59.....	6.8	.8	1.5	1.4	.8	.9	1.6	2.0	.9	.9	.4	1.6	1.5	1.3
60 and over.....	2.5	1.6	2.0	1.9	.6	1.5	2.7	3.4	1.1	1.1	.6	2.3	2.2	1.7
20 and over.....	14.8	.7	1.0	.8	.5	.8	1.4	1.4	.7	.7	.3	1.4	1.3	1.2
All individuals.....	39.0	.5	.8	.5	.5	.5	1.2	1.1	.7	.7	.3	1.0	1.1	.7
All Incomes.....	100	0.4	0.5	0.3	0.3	0.4	0.8	1.0	0.3	0.4	0.2	0.7	0.8	0.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 13Ase.--Grain group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Under 131% poverty:				
Males:				
2-5.....	1.1	.2	.1	.2
6-11.....	1.1	.3	.1	.3
12-19.....	1.6	.3	.1	.3
20-39.....	2.5	1.2	.1	1.2
40-59.....	1.0	.2	.1	.2
60 and over.....	0.9	.2	.1	.2
20 and over.....	4.4	.7	.1	.8
Females:				
2-5.....	1.0	.1	.1	.1
6-11.....	1.2	.2	.1	.2
12-19.....	1.5	.3	.1	.2
20-39.....	3.5	.2	.1	.1
40-59.....	1.4	.1	.1	.1
60 and over.....	2.2	.1	.1	.2
20 and over.....	7.1	.1	.1	.1
All individuals 2 and over.....	18.9	.2	*	.2
131-350% poverty:				
Males:				
2-5.....	1.4	.1	.1	.1
6-11.....	2.4	.2	.1	.1
12-19.....	2.4	.2	.1	.2
20-39.....	7.1	.2	.1	.1
40-59.....	3.9	.2	.1	.2
60 and over.....	3.4	.1	*	.2
20 and over.....	14.4	.1	.1	.1
Females:				
2-5.....	1.3	.1	.1	.1
6-11.....	1.9	.2	.1	.2
12-19.....	2.5	.1	.1	.2
20-39.....	6.9	.1	.1	.1
40-59.....	4.1	.1	.1	.1
60 and over.....	4.5	.1	*	.1
20 and over.....	15.5	.1	*	.1
All individuals 2 and over.....	41.7	.1	*	*

‡ See "appendix D" for definitions of servings.

Continued

\* Value less than 0.5 but greater than 0.



**Table 13Ase.--Grain group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	Percent	----- Servings ‡-----		
Over 350% poverty:				
Males:				
2-5.....	0.8	.2	.1	.2
6-11.....	1.3	.2	.1	.3
12-19.....	2.0	.3	.1	.3
20-39.....	6.4	.2	.1	.2
40-59.....	6.9	.1	*	.1
60 and over.....	2.7	.1	.1	.1
20 and over.....	16.0	.1	*	.1
Females:				
2-5.....	0.9	.2	.1	.2
6-11.....	1.4	.2	.1	.2
12-19.....	1.8	.3	.1	.2
20-39.....	5.8	.2	.1	.1
40-59.....	6.9	.1	.1	.1
60 and over.....	2.6	.1	.1	.1
20 and over.....	15.3	.1	*	.1
All individuals 2 and over.....	39.4	.1	*	.1
All Incomes.....	100.0	.1	*	.1

‡ See "appendix D" for definitions of servings.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 13Bse.--Grain group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	*	4	4
6-11.....	1.1	1	4	4
12-19.....	1.6	1	4	5
20-39.....	2.5	1	4	5
40-59.....	1.0	1	5	4
60 and over.....	0.9	*	3	3
20 and over.....	4.4	*	3	4
Females:				
2-5.....	1.0	*	3	3
6-11.....	1.2	1	4	3
12-19.....	1.5	*	4	4
20-39.....	3.5	1	3	3
40-59.....	1.4	1	3	3
60 and over.....	2.2	1	3	2
20 and over.....	7.1	1	2	2
All individuals 2 and over.....	18.9	*	1	2
131-350% poverty:				
Males:				
2-5.....	1.4	*	3	3
6-11.....	2.4	--	4	4
12-19.....	2.4	--	3	2
20-39.....	7.1	*	2	2
40-59.....	3.9	*	3	2
60 and over.....	3.4	*	3	2
20 and over.....	14.4	*	1	1
Females:				
2-5.....	1.3	*	3	2
6-11.....	1.9	--	4	4
12-19.....	2.5	--	4	3
20-39.....	6.9	1	2	2
40-59.....	4.1	1	2	2
60 and over.....	4.5	*	2	2
20 and over.....	15.5	*	1	1
All individuals 2 and over.....	41.7	*	1	1

‡ See "Table notes."

-- Estimated percent is zero.

\* Value less than 0.5 but greater than 0.

Continued

Table 13Bse.--Grain group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	--	4	4
6-11.....	1.3	--	4	5
12-19.....	2.0	--	3	3
20-39.....	6.4	--	2	2
40-59.....	6.9	*	2	2
60 and over.....	2.7	*	3	3
20 and over.....	16.0	*	1	1
Females:				
2-5.....	0.9	--	5	5
6-11.....	1.4	--	5	4
12-19.....	1.8	1	5	5
20-39.....	5.8	*	3	3
40-59.....	6.9	*	2	2
60 and over.....	2.6	1	2	2
20 and over.....	15.3	*	1	1
All individuals 2 and over.....	39.4	*	1	1
All Incomes.....	100.0	*	1	1

‡ See "Table notes."

-- Estimated percent is zero.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14Ase.—Vegetable group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<hr/>									
	Percent	----- Servings ‡ -----							
Under 131% poverty:									
Males:									
2-5.....	1.1	.1	*	*	*	.1	*	*	*
6-11.....	1.1	.2	*	*	*	.1	*	*	.1
12-19.....	1.6	.2	*	*	.1	.2	.1	*	.1
20-39.....	2.5	.3	.1	*	.1	.1	*	.1	.1
40-59.....	1.0	.2	*	*	.1	.1	.1	.1	.1
60 and over.....	0.9	.1	*	*	.1	.1	*	*	.1
20 and over.....	4.4	.2	*	*	.1	.1	*	*	.1
Females:									
2-5.....	1.0	.1	*	*	*	.1	*	*	*
6-11.....	1.2	.2	*	*	*	.1	*	*	.1
12-19.....	1.5	.1	*	*	*	.1	*	.1	.1
20-39.....	3.5	.1	*	*	*	.1	*	*	.1
40-59.....	1.4	.1	*	*	*	.1	*	*	.1
60 and over.....	2.2	.1	*	*	*	*	*	*	.1
20 and over.....	7.1	.1	*	*	*	*	*	*	*
All individuals 2 and over.....	18.9	.1	*	*	*	*	*	*	*
131-350% poverty:									
Males:									
2-5.....	1.4	.1	*	*	*	.1	*	*	*
6-11.....	2.4	.1	*	*	*	.1	*	*	*
12-19.....	2.4	.2	*	*	*	.2	*	*	.1
20-39.....	7.1	.1	*	*	*	.1	*	*	.1
40-59.....	3.9	.1	*	*	*	.1	*	*	.1
60 and over.....	3.4	.1	*	*	*	.1	*	*	.1
20 and over.....	14.4	.1	*	*	*	*	*	*	*
Females:									
2-5.....	1.3	.1	*	*	*	.1	*	*	*
6-11.....	1.9	.1	*	*	*	*	*	*	*
12-19.....	2.5	.1	*	*	*	.1	*	*	.1
20-39.....	6.9	.1	*	*	*	.1	*	*	*
40-59.....	4.1	.1	*	*	*	*	*	*	.1
60 and over.....	4.5	*	*	*	*	*	*	*	*
20 and over.....	15.5	.1	*	*	*	*	*	*	*
All individuals 2 and over.....	41.7	.1	*	*	*	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

Continued

Table 14Ase.--Vegetable group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
Percent ----- Servings ‡-----									
Over 350% poverty:									
Males:									
2-5.....	0.8	.1	*	*	*	.1	*	*	*
6-11.....	1.3	.1	*	*	*	.1	*	*	*
12-19.....	2.0	.1	*	*	*	.1	*	*	.1
20-39.....	6.4	.1	*	*	*	.1	*	*	.1
40-59.....	6.9	.1	*	*	*	.1	*	*	*
60 and over.....	2.7	.2	*	*	*	.1	*	*	.1
20 and over.....	16.0	.1	*	*	*	*	*	*	*
Females:									
2-5.....	0.9	.1	*	*	*	.1	*	*	*
6-11.....	1.4	.1	*	*	*	.1	*	*	*
12-19.....	1.8	.2	*	*	*	.1	*	*	.1
20-39.....	5.8	.1	*	*	*	.1	*	*	*
40-59.....	6.9	.1	*	*	*	*	*	*	*
60 and over.....	2.6	.1	*	*	*	.1	*	*	.1
20 and over.....	15.3	.1	*	*	*	*	*	*	*
All individuals 2 and over.....	39.4	.1	*	*	*	*	*	*	*
All Incomes.....	100.0	*	*	*	*	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 14Bse.--Vegetable group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	2	3	3
6-11.....	1.1	5	4	4
12-19.....	1.6	2	4	4
20-39.....	2.5	2	3	4
40-59.....	1.0	4	3	3
60 and over.....	0.9	2	3	4
20 and over.....	4.4	2	2	3
Females:				
2-5.....	1.0	3	3	3
6-11.....	1.2	5	4	4
12-19.....	1.5	2	4	3
20-39.....	3.5	2	3	2
40-59.....	1.4	2	3	3
60 and over.....	2.2	2	3	3
20 and over.....	7.1	1	2	1
All individuals 2 and over.....	18.9	1	1	1
131-350% poverty:				
Males:				
2-5.....	1.4	2	3	3
6-11.....	2.4	2	3	3
12-19.....	2.4	2	3	3
20-39.....	7.1	1	2	2
40-59.....	3.9	1	3	2
60 and over.....	3.4	1	2	2
20 and over.....	14.4	1	1	1
Females:				
2-5.....	1.3	2	2	2
6-11.....	1.9	3	2	2
12-19.....	2.5	2	4	3
20-39.....	6.9	1	2	3
40-59.....	4.1	1	2	2
60 and over.....	4.5	1	2	1
20 and over.....	15.5	1	1	1
All individuals 2 and over.....	41.7	1	1	1

‡ See "Table notes."

Continued



Table 14Bse.--Vegetable group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	3	3	3
6-11.....	1.3	4	3	3
12-19.....	2.0	2	4	4
20-39.....	6.4	1	3	2
40-59.....	6.9	1	2	2
60 and over.....	2.7	2	3	3
20 and over.....	16.0	1	2	2
Females:				
2-5.....	0.9	2	3	3
6-11.....	1.4	4	3	3
12-19.....	1.8	4	5	4
20-39.....	5.8	1	2	2
40-59.....	6.9	1	2	2
60 and over.....	2.6	2	3	3
20 and over.....	15.3	1	1	2
All individuals 2 and over.....	39.4	*	1	1
All incomes.....	100.0	*	1	1

‡ See "Table notes."

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15Ase.--Fruit group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
<i>Percent</i>		<i>Servings ‡</i>		
Under 131% poverty:				
Males:				
2-5.....	1.1	.1	.1	.1
6-11.....	1.1	.2	.1	.1
12-19.....	1.6	.2	.2	.1
20-39.....	2.5	.1	.1	.1
40-59.....	1.0	.2	.1	.1
60 and over.....	0.9	.1	.1	*
20 and over.....	4.4	.1	.1	*
Females:				
2-5.....	1.0	.1	.1	.1
6-11.....	1.2	.1	.1	.1
12-19.....	1.5	.1	.1	.1
20-39.....	3.5	.1	.1	.1
40-59.....	1.4	.1	.1	*
60 and over.....	2.2	.1	.1	.1
20 and over.....	7.1	.1	*	*
All individuals 2 and over.....	18.9	.1	*	*
131-350% poverty:				
Males:				
2-5.....	1.4	.1	.1	.1
6-11.....	2.4	.1	.1	.1
12-19.....	2.4	.1	.1	.1
20-39.....	7.1	.1	.1	*
40-59.....	3.9	.1	.1	.1
60 and over.....	3.4	.1	.1	*
20 and over.....	14.4	.1	*	*
Females:				
2-5.....	1.3	.1	.1	.1
6-11.....	1.9	.1	.1	.1
12-19.....	2.5	.1	.1	.1
20-39.....	6.9	.1	.1	*
40-59.....	4.1	.1	.1	*
60 and over.....	4.5	.1	.1	*
20 and over.....	15.5	*	*	*
All individuals 2 and over.....	41.7	*	*	*

‡ See "appendix D" for definitions of servings.

Continued

\* Value less than 0.05 but greater than 0.

**Table 15Ase.--Fruit group: Standard errors of mean numbers of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Income, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Over 350% poverty:				
Males:				
2-5.....	0.8	.1	.1	.1
6-11.....	1.3	.1	.1	.1
12-19.....	2.0	.2	.1	.1
20-39.....	6.4	.1	*	.1
40-59.....	6.9	.1	.1	*
60 and over.....	2.7	.1	.1	.1
20 and over.....	16.0	.1	*	*
Females:				
2-5.....	0.9	.2	.1	.1
6-11.....	1.4	.1	.1	.1
12-19.....	1.8	.1	.1	.1
20-39.....	5.8	.1	*	*
40-59.....	6.9	.1	.1	*
60 and over.....	2.6	.1	.1	.1
20 and over.....	15.3	.1	*	*
All individuals 2 and over.....	39.4	*	*	*
All Incomes.....	100.0	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 15Bse.--Fruit group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Under 131% poverty:				
Males:				
2-5.....	1.1	3	3	3
6-11.....	1.1	4	4	4
12-19.....	1.6	5	4	3
20-39.....	2.5	5	3	2
40-59.....	1.0	7	7	8
60 and over.....	0.9	3	2	2
20 and over.....	4.4	4	2	2
Females:				
2-5.....	1.0	3	3	3
6-11.....	1.2	5	3	2
12-19.....	1.5	3	3	3
20-39.....	3.5	4	3	3
40-59.....	1.4	3	3	3
60 and over.....	2.2	3	2	2
20 and over.....	7.1	2	2	2
All individuals 2 and over.....	18.9	2	1	1
131-350% poverty:				
Males:				
2-5.....	1.4	3	4	4
6-11.....	2.4	4	3	3
12-19.....	2.4	4	3	2
20-39.....	7.1	3	2	2
40-59.....	3.9	2	2	2
60 and over.....	3.4	2	2	2
20 and over.....	14.4	2	2	2
Females:				
2-5.....	1.3	2	2	2
6-11.....	1.9	4	3	3
12-19.....	2.5	4	3	3
20-39.....	6.9	2	3	2
40-59.....	4.1	3	2	2
60 and over.....	4.5	2	2	2
20 and over.....	15.5	1	1	1
All individuals 2 and over.....	41.7	1	1	1

‡ See "Table notes."

Continued

Table 15Bse.—Fruit group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
Over 350% poverty:				
Males:				
2-5.....	0.8	3	3	3
6-11.....	1.3	4	4	3
12-19.....	2.0	4	3	3
20-39.....	6.4	3	2	2
40-59.....	6.9	2	1	1
60 and over.....	2.7	2	3	2
20 and over.....	16.0	1	1	1
Females:				
2-5.....	0.9	3	4	4
6-11.....	1.4	4	3	3
12-19.....	1.8	4	4	3
20-39.....	5.8	3	2	2
40-59.....	6.9	2	2	2
60 and over.....	2.6	3	3	3
20 and over.....	15.3	2	1	1
All individuals 2 and over.....	39.4	1	1	1
All Incomes.....	100.0	1	1	1

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16Ase.--Dairy group: Standard errors of mean number of Pyramid servings consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	Percent	----- Servings ‡-----			
Under 131% poverty:					
Males:					
2-5.....	1.1	.1	.1	*	*
6-11.....	1.1	.1	.1	*	*
12-19.....	1.6	.2	.1	.1	*
20-39.....	2.5	.3	.2	.1	*
40-59.....	1.0	.1	.1	*	*
60 and over.....	0.9	.1	*	*	*
11-24.....	2.6	.1	.1	.1	*
20 and over.....	4.4	.2	.1	.1	*
Females:					
2-5.....	1.0	.1	.1	*	*
6-11.....	1.2	.1	.1	*	*
12-19.....	1.5	.1	.1	*	*
20-39.....	3.5	.1	*	*	*
40-59.....	1.4	.1	*	*	*
60 and over.....	2.2	*	*	*	*
11-24.....	2.7	.1	.1	*	*
20 and over.....	7.1	*	*	*	*
All individuals 2 and over.....	18.9	*	*	*	*
131-350% poverty:					
Males:					
2-5.....	1.4	.1	.1	*	*
6-11.....	2.4	.1	.1	*	*
12-19.....	2.4	.1	.1	.1	*
20-39.....	7.1	.1	.1	*	*
40-59.....	3.9	.1	.1	*	*
60 and over.....	3.4	*	*	*	*
11-24.....	4.3	.1	.1	*	*
20 and over.....	14.4	*	*	*	*
Females:					
2-5.....	1.3	.1	.1	*	*
6-11.....	1.9	.1	.1	*	*
12-19.....	2.5	.1	.1	*	*
20-39.....	6.9	.1	*	*	*
40-59.....	4.1	.1	*	*	*
60 and over.....	4.5	*	*	*	*
11-24.....	4.5	.1	.1	*	*
20 and over.....	15.5	*	*	*	*
All individuals 2 and over.....	41.7	*	*	*	*

‡ See "appendix D" for definitions of servings.

Continued

\* Value less than 0.05 but greater than 0.



Table 16Ase.--Dairy group: Standard errors of mean number of Pyramid servings consumed per day, by income, 2-day average, 1994-96--continued  
 USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

Income, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
Over 350% poverty:					
Males:					
2-5.....	0.8	.1	.1	*	*
6-11.....	1.3	.1	.1	*	*
12-19.....	2.0	.1	.1	.1	*
20-39.....	6.4	.1	.1	*	*
40-59.....	6.9	.1	*	*	*
60 and over.....	2.7	.1	*	*	*
11-24.....	3.5	.1	.1	*	*
20 and over.....	16.0	*	*	*	*
Females:					
2-5.....	0.9	.1	.1	*	*
6-11.....	1.4	.1	.1	*	*
12-19.....	1.8	.1	.1	*	*
20-39.....	5.8	.1	*	*	*
40-59.....	6.9	*	*	*	*
60 and over.....	2.6	.1	*	*	*
11-24.....	3.1	.1	.1	*	*
20 and over.....	15.3	*	*	*	*
All individuals 2 and over.....	39.4	*	*	*	*
All Incomes.....	100.0	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 16Bse.--Dairy group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent	----- Percent -----		
Under 131% poverty:				
Males:				
2-5.....	1.1	2	2	2
6-11.....	1.1	3	4	4
12-19.....	1.6	4	4	3
20-39.....	2.5	4	5	5
40-59.....	1.0	4	3	3
60 and over.....	0.9	3	2	2
11-24.....	2.6	4	3	3
20 and over.....	4.4	2	3	3
Females:				
2-5.....	1.0	2	3	3
6-11.....	1.2	3	4	4
12-19.....	1.5	5	3	2
20-39.....	3.5	4	2	1
40-59.....	1.4	3	2	2
60 and over.....	2.2	3	2	2
11-24.....	2.7	4	2	1
20 and over.....	7.1	2	1	1
All individuals 2 and over.....	18.9	1	1	1
131-350% poverty:				
Males:				
2-5.....	1.4	3	3	3
6-11.....	2.4	2	4	4
12-19.....	2.4	3	4	3
20-39.....	7.1	3	2	2
40-59.....	3.9	3	2	2
60 and over.....	3.4	2	2	2
11-24.....	4.3	3	3	2
20 and over.....	14.4	2	1	1
Females:				
2-5.....	1.3	2	3	3
6-11.....	1.9	3	4	4
12-19.....	2.5	3	2	2
20-39.....	6.9	2	2	2
40-59.....	4.1	3	2	2
60 and over.....	4.5	2	2	2
11-24.....	4.5	3	2	1
20 and over.....	15.5	2	1	1
All individuals 2 and over.....	41.7	1	1	1

‡ See "Table notes."

Continued

Table 16Bse.--Dairy group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent		Percent	
Over 350% poverty:				
Males:				
2-5.....	0.8	3	4	4
6-11.....	1.3	2	4	5
12-19.....	2.0	3	3	3
20-39.....	6.4	3	2	2
40-59.....	6.9	2	2	2
60 and over.....	2.7	2	2	2
11-24.....	3.5	3	3	3
20 and over.....	16.0	2	1	1
Females:				
2-5.....	0.9	3	4	4
6-11.....	1.4	3	5	4
12-19.....	1.8	4	4	3
20-39.....	5.8	3	2	2
40-59.....	6.9	2	1	1
60 and over.....	2.6	3	2	2
11-24.....	3.1	4	3	2
20 and over.....	15.3	1	1	1
All individuals 2 and over.....	39.4	1	1	1
All incomes.....	100.0	1	1	1

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17Ase.—Meat group: Standard errors of mean numbers of Pyramid servings (ounce equivalents) consumed per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Income, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
Percent		----- Ounces cooked lean meat equivalents ‡-----								
Under 131% poverty:										
Males:										
2-5.....	1.1	.1	.1	.1	*	*	.1	*	*	*
6-11.....	1.1	.2	.1	.1	.1	*	.1	*	*	*
12-19.....	1.6	.2	.2	.1	.1	*	.2	.1	*	*
20-39.....	2.5	1.3	.7	.2	.1	*	.6	.1	*	*
40-59.....	1.0	.2	.2	.2	.1	*	.1	.1	*	*
60 and over.....	0.9	.2	.1	.1	.1	*	.1	*	*	*
20 and over.....	4.4	.8	.4	.1	.1	*	.3	*	*	*
Females:										
2-5.....	1.0	.1	.1	*	*	*	*	*	*	*
6-11.....	1.2	.1	.1	.1	.1	*	.1	.1	*	*
12-19.....	1.5	.2	.1	.1	.1	*	.1	*	*	*
20-39.....	3.5	.2	.1	.1	.1	*	.1	*	*	*
40-59.....	1.4	.2	.1	.1	.1	*	.1	*	*	*
60 and over.....	2.2	.1	.1	.1	.1	*	*	*	*	*
20 and over.....	7.1	.1	.1	.1	*	*	*	*	*	*
All individuals 2 and over.....	18.9	.2	.1	*	*	*	.1	*	*	*
131-350% poverty:										
Males:										
2-5.....	1.4	.1	.1	.1	*	--	*	*	*	*
6-11.....	2.4	.1	.1	.1	*	*	.1	*	*	*
12-19.....	2.4	.4	.4	.1	.1	*	.1	*	*	*
20-39.....	7.1	.2	.1	.1	*	*	.1	*	*	*
40-59.....	3.9	.2	.1	.1	.1	*	.1	*	*	*
60 and over.....	3.4	.1	.1	.1	*	*	*	*	*	*
20 and over.....	14.4	.1	.1	.1	*	*	*	*	*	*
Females:										
2-5.....	1.3	.1	.1	*	*	*	*	*	*	*
6-11.....	1.9	.1	.1	.1	*	*	.1	*	*	*
12-19.....	2.5	.2	.1	.1	*	*	*	*	*	*
20-39.....	6.9	.1	.1	.1	.1	*	*	*	*	*
40-59.....	4.1	.1	.1	.1	*	*	*	*	*	*
60 and over.....	4.5	.1	*	*	.1	*	*	*	*	*
20 and over.....	15.5	.1	*	*	*	*	*	*	*	*
All individuals 2 and over.....	41.7	.1	*	*	*	*	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

-- Estimated mean is zero.

Continued

**Table 17Ase.--Meat group: Standard errors of mean numbers of Pyramid servings (ounce equivalents) consumed per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Income, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
	<i>Percent</i>	<i>----- Ounces cooked lean meat equivalents ‡-----</i>								
Over 350% poverty:										
Males:										
2-5.....	0.8	.1	.1	*	*	--	.1	*	*	*
6-11.....	1.3	.2	.1	.1	.1	*	.1	*	*	*
12-19.....	2.0	.2	.2	.2	.1	*	.1	*	*	*
20-39.....	6.4	.1	.1	.1	.1	*	.1	*	*	*
40-59.....	6.9	.1	.1	.1	.1	*	.1	*	*	*
60 and over.....	2.7	.1	.1	.1	.1	*	.1	*	*	*
20 and over.....	16.0	.1	.1	.1	*	*	*	*	*	*
Females:										
2-5.....	0.9	.1	.1	.1	*	*	.1	*	*	*
6-11.....	1.4	.1	.1	.1	*	*	.1	*	*	*
12-19.....	1.8	.1	.1	.1	*	*	.1	*	*	*
20-39.....	5.8	.1	.1	.1	.1	*	*	*	*	*
40-59.....	6.9	.1	.1	*	*	*	*	*	*	*
60 and over.....	2.6	.1	.1	.1	.1	*	*	*	*	*
20 and over.....	15.3	.1	*	*	*	*	*	*	*	*
All individuals 2 and over.....	39.4	.1	*	*	*	*	*	*	*	*
All Incomes.....	100.0	.1	*	*	*	*	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 17Bse.--Meat group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by income, 2-day average, 1994-96

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent		Percent	
Under 131% poverty:				
Males:				
2-5.....	1.1	2	2	2
6-11.....	1.1	1	4	4
12-19.....	1.6	1	4	5
20-39.....	2.5	1	4	5
40-59.....	1.0	1	3	3
60 and over.....	0.9	1	4	4
20 and over.....	4.4	1	2	3
Females:				
2-5.....	1.0	2	2	2
6-11.....	1.2	2	3	3
12-19.....	1.5	2	5	5
20-39.....	3.5	2	3	3
40-59.....	1.4	2	3	3
60 and over.....	2.2	2	2	2
20 and over.....	7.1	1	2	2
All individuals 2 and over.....	18.9	*	1	2
131-350% poverty:				
Males:				
2-5.....	1.4	2	2	2
6-11.....	2.4	2	2	2
12-19.....	2.4	1	3	3
20-39.....	7.1	1	2	2
40-59.....	3.9	1	3	2
60 and over.....	3.4	*	2	2
20 and over.....	14.4	*	2	1
Females:				
2-5.....	1.3	2	1	2
6-11.....	1.9	2	2	2
12-19.....	2.5	1	3	3
20-39.....	6.9	1	2	2
40-59.....	4.1	1	3	3
60 and over.....	4.5	1	2	2
20 and over.....	15.5	1	1	1
All individuals 2 and over.....	41.7	*	1	1

‡ See "Table notes."

Continued

\* Value less than 0.5 but greater than 0.



Table 17Bse.--Meat group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by income, 2-day average, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Over 350% poverty:				
Males:				
2-5.....	0.8	3	1	2
6-11.....	1.3	2	4	3
12-19.....	2.0	1	3	3
20-39.....	6.4	1	3	2
40-59.....	6.9	*	2	2
60 and over.....	2.7	1	3	3
20 and over.....	16.0	*	1	1
Females:				
2-5.....	0.9	2	1	2
6-11.....	1.4	2	1	1
12-19.....	1.8	3	3	3
20-39.....	5.8	1	2	2
40-59.....	6.9	1	2	2
60 and over.....	2.6	1	2	2
20 and over.....	15.3	1	1	1
All individuals 2 and over.....	39.4	*	1	1
All Incomes.....	100.0	*	1	1

‡ See "Table notes."

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 18se.--Pyramid tip: Standard errors of mean daily intakes of discretionary fat and added sugars per day, by income, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Income, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat ‡	Added sugars ‡
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons</i>
<b>Under 131% poverty:</b>							
Males:							
2-5.....	1.1	42	.4	.4	.4	1.2	.6
6-11.....	1.1	50	.4	.5	.7	2.0	1.2
12-19.....	1.6	84	.9	1.0	.9	4.1	1.7
20-39.....	2.5	363	.7	.6	.7	13.6	5.0
40-59.....	1.0	64	.6	.6	.7	2.4	1.6
60 and over.....	0.9	42	.6	.5	.5	1.7	.6
20 and over.....	4.4	220	.3	.3	.4	7.7	2.9
Females:							
2-5.....	1.0	29	.4	.3	.5	1.1	.5
6-11.....	1.2	42	.4	.4	.5	1.6	.7
12-19.....	1.5	55	.5	.4	.8	1.9	1.2
20-39.....	3.5	41	.6	.5	.7	1.6	1.0
40-59.....	1.4	38	.4	.4	.5	1.3	.6
60 and over.....	2.2	24	.5	.5	.4	1.1	.4
20 and over.....	7.1	24	.3	.3	.4	1.0	.5
All individuals 2 and over.....	18.9	65	.2	.2	.2	2.3	.8
<b>131-350% poverty:</b>							
Males:							
2-5.....	1.4	30	.3	.3	.4	1.1	.6
6-11.....	2.4	40	.4	.4	.5	1.5	.9
12-19.....	2.4	94	.4	.4	.6	3.0	1.6
20-39.....	7.1	44	.4	.3	.4	1.8	.8
40-59.....	3.9	50	.4	.4	.5	2.0	.9
60 and over.....	3.4	30	.3	.3	.3	1.1	.5
20 and over.....	14.4	28	.2	.2	.3	1.2	.6
Females:							
2-5.....	1.3	25	.4	.3	.5	1.0	.5
6-11.....	1.9	32	.4	.3	.5	1.3	.6
12-19.....	2.5	55	.5	.5	.7	2.0	1.3
20-39.....	6.9	28	.4	.4	.7	1.1	.8
40-59.....	4.1	24	.4	.4	.5	1.1	.5
60 and over.....	4.5	17	.4	.4	.3	.8	.3
20 and over.....	15.5	16	.3	.2	.4	.7	.4
All individuals 2 and over.....	41.7	17	.2	.1	.3	.6	.4

‡ See "Table notes."

Continued

**Table 18se.--Pyramid tip: Standard errors of mean daily intakes of discretionary fat and added sugars per day, by income, 2-day average, 1994-96--continued**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Income, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat ‡	Added sugars ‡
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>-- Teaspoons --</i>
Over 350% poverty:							
Males:							
2-5.....	0.8	27	.4	.4	.6	.9	.6
6-11.....	1.3	38	.4	.4	.6	1.3	.9
12-19.....	2.0	78	.3	.3	.7	2.9	1.6
20-39.....	6.4	51	.4	.3	.4	1.6	.8
40-59.....	6.9	33	.3	.3	.3	1.4	.7
60 and over.....	2.7	33	.3	.3	.3	1.3	.6
20 and over.....	16.0	29	.2	.2	.2	1.1	.5
Females:							
2-5.....	0.9	33	.4	.4	.5	1.3	.7
6-11.....	1.4	46	.4	.5	.6	1.5	1.2
12-19.....	1.8	57	.5	.4	.7	1.7	1.1
20-39.....	5.8	39	.4	.4	.6	1.6	.8
40-59.....	6.9	21	.3	.3	.3	1.0	.3
60 and over.....	2.6	26	.5	.5	.5	1.2	.5
20 and over.....	15.3	20	.2	.2	.3	.8	.4
All individuals 2 and over.....	39.4	17	.1	.1	.2	.7	.3
All Incomes.....	100.0	18	.1	.1	.2	.7	.3

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.1se.--Saturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
Under 131% poverty:	Percent	----- Grams -----								
Males and females:										
1-2.....	1.0	*	*	*	*	*	.1	.3	.2	.6
3-5.....	1.5	*	*	*	*	*	.1	.3	.2	.6
5 and under ‡ .....	2.9	*	*	*	*	.1	.1	.2	.1	.4
Males:										
6-11.....	1.1	*	*	*	*	.1	.1	.6	.3	1.2
12-19.....	1.5	.1	*	*	.1	.1	.3	1.2	.6	2.5
20-39.....	2.4	.2	.1	.1	.1	.2	.6	2.3	1.1	4.7
40-59.....	1.0	*	*	*	*	.1	.1	.8	.4	1.4
60 and over.....	0.9	*	*	*	*	.1	.1	.4	.2	.8
20 and over.....	4.3	.1	.1	*	.1	.1	.3	1.3	.6	2.6
Females:										
6-11.....	1.3	*	*	*	*	*	.1	.5	.3	1.0
12-19.....	1.4	*	*	*	*	.1	.1	.5	.2	.9
20-39.....	3.4	*	*	*	*	.1	.1	.4	.2	.7
40-59.....	1.3	*	*	*	*	.1	.1	.6	.3	1.1
60 and over.....	2.2	*	*	*	*	*	*	.3	.2	.5
20 and over.....	6.9	*	*	*	*	*	.1	.3	.1	.5
All individuals.....	19.2	*	*	*	*	*	.1	.4	.2	.8
131-350% poverty:										
Males and females:										
1-2.....	1.3	*	*	*	*	*	.1	.2	.1	.5
3-5.....	2.0	*	*	*	*	*	.1	.3	.1	.6
5 and under ‡ .....	3.8	*	*	*	*	*	*	.2	.1	.4
Males:										
6-11.....	2.3	*	*	*	*	*	.1	.3	.2	.7
12-19.....	2.4	*	*	*	*	.1	.2	.7	.3	1.3
20-39.....	6.9	*	*	*	*	*	.1	.4	.2	.8
40-59.....	3.9	*	*	*	*	.1	.1	.5	.2	.9
60 and over.....	3.2	*	*	*	*	.1	.1	.3	.2	.6
20 and over.....	14.0	*	*	*	*	*	.1	.3	.1	.5
Females:										
6-11.....	1.8	*	*	*	*	.1	.1	.3	.2	.6
12-19.....	2.4	*	*	*	*	.1	.1	.4	.2	.8
20-39.....	6.9	*	*	*	*	*	.1	.3	.2	.6
40-59.....	3.9	*	*	*	*	.1	.1	.3	.1	.6
60 and over.....	4.3	*	*	*	*	*	.1	.2	.1	.4
20 and over.....	15.1	*	*	*	*	*	*	.2	.1	.4
All individuals.....	41.8	*	*	*	*	*	*	.1	.1	.3

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 19.1se.--Saturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
	<i>Percent</i>	<i>Grams</i>								
Over 350% poverty:										
Males and females:										
1-2.....	0.8	*	*	*	*	*	.1	.2	.1	.5
3-5.....	1.2	*	*	*	*	*	.1	.4	.2	.7
5 and under ‡ .....	2.3	*	*	*	*	.1	.1	.2	.1	.4
Males:										
6-11.....	1.3	*	*	*	*	.1	.2	.5	.2	1.0
12-19.....	2.0	.1	*	*	*	.1	.2	.9	.4	1.8
20-39.....	6.2	*	*	*	*	*	.1	.4	.2	.8
40-59.....	6.7	*	*	*	*	.1	.1	.4	.2	.8
60 and over.....	2.7	*	*	*	*	*	.1	.4	.2	.7
20 and over.....	15.6	*	*	*	*	*	.1	.3	.2	.6
Females:										
6-11.....	1.3	*	*	*	*	.1	.1	.5	.3	1.0
12-19.....	1.8	*	*	*	*	.2	.1	.5	.3	1.1
20-39.....	5.5	*	*	*	*	*	.1	.4	.2	.8
40-59.....	6.8	*	*	*	*	*	.1	.2	.1	.4
60 and over.....	2.5	*	*	*	*	*	.1	.3	.1	.6
20 and over.....	14.8	*	*	*	*	*	*	.2	.1	.4
All individuals.....	39.0	*	*	*	*	*	*	.2	.1	.3
All incomes.....	100.0	*	*	*	*	*	*	0.1	0.1	0.3

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.2se.--Monounsaturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
Under 131% poverty:		----- Grams -----				
Males and females:						
1-2.....	1.0	*	.5	*	*	.6
3-5.....	1.5	*	.7	*	*	.8
5 and under ‡ .....	2.9	*	.4	*	*	.5
Males:						
6-11.....	1.1	.1	1.2	*	*	1.3
12-19.....	1.5	.2	1.9	*	*	2.1
20-39.....	2.4	.2	3.7	*	*	3.9
40-59.....	1.0	.1	1.7	*	*	1.8
60 and over.....	0.9	.1	.8	*	*	.9
20 and over.....	4.3	.1	2.0	*	*	2.1
Females:						
6-11.....	1.3	.1	1.0	*	*	1.1
12-19.....	1.4	.1	1.0	*	*	1.0
20-39.....	3.4	.1	.7	*	*	.8
40-59.....	1.3	.1	1.1	*	*	1.2
60 and over.....	2.2	*	.6	*	*	.7
20 and over.....	6.9	*	.5	*	*	.6
All individuals.....	19.2	*	.7	*	*	.8
131-350% poverty:						
Males and females:						
1-2.....	1.3	*	.4	*	*	.4
3-5.....	2.0	*	.4	*	*	.4
5 and under ‡ .....	3.8	*	.3	*	*	.3
Males:						
6-11.....	2.3	*	.7	*	*	.7
12-19.....	2.4	.1	1.2	*	*	1.3
20-39.....	6.9	.1	.8	*	*	.9
40-59.....	3.9	.1	.9	*	*	1.0
60 and over.....	3.2	*	.6	*	*	.6
20 and over.....	14.0	*	.5	*	*	.6
Females:						
6-11.....	1.8	*	.5	*	*	.6
12-19.....	2.4	*	.8	*	*	.8
20-39.....	6.9	*	.7	*	*	.7
40-59.....	3.9	*	.4	*	*	.5
60 and over.....	4.3	*	.4	*	*	.5
20 and over.....	15.1	*	.4	*	*	.4
All individuals.....	41.8	*	.3	*	*	.3

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 19.2se.--Monounsaturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
	<i>Percent</i>	<i>Grams</i>				
Over 350% poverty:						
Males and females:						
1-2.....	0.8	*	.4	*	*	.5
3-5.....	1.2	*	.7	*	*	.7
5 and under ‡ .....	2.3	*	.5	*	*	.5
Males:						
6-11.....	1.3	.1	.8	*	*	.8
12-19.....	2.0	.1	1.5	*	*	1.7
20-39.....	6.2	.1	.8	*	*	.9
40-59.....	6.7	.1	.8	*	*	.9
60 and over.....	2.7	.1	.7	*	*	.7
20 and over.....	15.6	*	.5	*	*	.6
Females:						
6-11.....	1.3	*	1.0	*	*	1.0
12-19.....	1.8	.1	1.1	*	*	1.1
20-39.....	5.5	*	.7	*	*	.7
40-59.....	6.8	*	.5	*	*	.5
60 and over.....	2.5	*	.6	*	*	.7
20 and over.....	14.8	*	.3	*	*	.4
All individuals.....	39.0	*	.3	*	*	.3
All incomes.....	100.0	*	0.3	*	*	0.3

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 19.3se.--Polyunsaturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96

Income, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
Under 131% poverty:	<i>Percent</i>	<i>Grams</i>							
Males and females:									
1-2.....	1.0	.2	*	*	*	*	*	*	.2
3-5.....	1.5	.4	*	*	*	*	*	*	.5
5 and under ‡ ....	2.9	.2	*	*	*	*	*	*	.3
Males:									
6-11.....	1.1	.5	*	*	*	*	*	*	.5
12-19.....	1.5	.9	.1	*	*	*	*	*	1.0
20-39.....	2.4	2.0	.3	*	*	*	*	*	2.3
40-59.....	1.0	1.0	.1	*	*	*	*	*	1.0
60 and over.....	0.9	.5	.1	*	*	*	*	*	.5
20 and over.....	4.3	1.0	.1	*	*	*	*	*	1.2
Females:									
6-11.....	1.3	.5	.1	*	*	*	*	*	.5
12-19.....	1.4	.7	*	*	*	*	*	*	.7
20-39.....	3.4	.6	*	*	*	*	*	*	.7
40-59.....	1.3	.5	.1	*	*	*	*	*	.6
60 and over.....	2.2	.3	*	*	*	*	*	*	.3
20 and over.....	6.9	.4	*	*	*	*	*	*	.4
All individuals.....	19.2	.4	*	*	*	*	*	*	.4
131-350% poverty:									
Males and females:									
1-2.....	1.3	.2	*	*	*	*	*	*	.2
3-5.....	2.0	.2	*	*	*	*	*	*	.3
5 and under ‡ ....	3.8	.2	*	*	*	*	*	*	.2
Males:									
6-11.....	2.3	.3	*	*	*	*	*	*	.4
12-19.....	2.4	.8	.1	*	*	*	*	*	.8
20-39.....	6.9	.5	.1	*	*	*	*	*	.6
40-59.....	3.9	.6	*	*	*	*	*	*	.6
60 and over.....	3.2	.3	*	*	*	*	*	*	.3
20 and over.....	14.0	.3	*	*	*	*	*	*	.4
Females:									
6-11.....	1.8	.4	*	*	*	*	*	*	.4
12-19.....	2.4	.5	.1	*	*	*	*	*	.5
20-39.....	6.9	.4	*	*	*	*	*	*	.4
40-59.....	3.9	.5	*	*	*	*	*	*	.5
60 and over.....	4.3	.3	*	*	*	*	*	*	.3
20 and over.....	15.1	.2	*	*	*	*	*	*	.2
All individuals.....	41.8	.2	*	*	*	*	*	*	.2

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 19.3se.--Polyunsaturated fatty acids: Standard errors of mean intakes per individual, by income, 1 day, 1994-96--continued

Income, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
	<i>Percent</i>	<i>Grams</i>							
Over 350% poverty:									
Males and females:									
1-2.....	0.8	.2	*	*	*	*	*	*	.2
3-5.....	1.2	.3	*	*	*	*	*	*	.3
5 and under ‡ ....	2.3	.2	*	*	*	*	*	*	.2
Males:									
6-11.....	1.3	.4	*	*	*	*	*	*	.5
12-19.....	2.0	.7	.1	*	*	*	*	*	.8
20-39.....	6.2	.5	*	*	*	*	*	*	.6
40-59.....	6.7	.4	*	*	*	*	*	*	.5
60 and over.....	2.7	.4	*	*	*	*	*	*	.5
20 and over.....	15.6	.3	*	*	*	*	*	*	.3
Females:									
6-11.....	1.3	.5	*	*	*	*	*	*	.5
12-19.....	1.8	.5	.1	*	*	*	*	*	.6
20-39.....	5.5	.4	*	*	*	*	*	*	.5
40-59.....	6.8	.3	*	*	*	*	*	*	.4
60 and over.....	2.5	.5	*	*	*	*	*	*	.5
20 and over.....	14.8	.2	*	*	*	*	*	*	.3
All individuals.....	39.0	.2	*	*	*	*	*	*	.2
All incomes.....	100.0	0.2	*	*	*	*	*	*	0.2

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 20se.--Weight status: Standard errors of Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994-96

Income, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>			<i>Percent</i>	
Under 131% poverty:					
Males:					
20-39.....	2.4	.4	3.9	3.8	2.6
40-59.....	1.0	.5	5.1	2.8	4.1
60 and over.....	0.9	.3	2.8	3.2	2.4
20 and over.....	4.3	.2	2.0	2.4	1.7
Females:					
20-39.....	3.4	.3	2.3	3.1	2.3
40-59.....	1.3	.4	3.0	3.4	3.1
60 and over.....	2.2	.3	2.6	2.6	2.5
20 and over.....	6.9	.2	1.5	1.8	1.7
All individuals.....	11.2	.2	1.3	1.4	1.4
131-350% poverty:					
Males:					
20-39.....	6.9	.2	2.2	2.6	1.5
40-59.....	3.9	.2	2.3	2.0	1.7
60 and over.....	3.2	.2	1.8	2.2	1.7
20 and over.....	14.0	.1	1.4	1.6	1.0
Females:					
20-39.....	6.9	.3	2.8	2.5	2.1
40-59.....	3.9	.3	2.5	2.6	2.0
60 and over.....	4.3	.2	1.9	2.0	1.6
20 and over.....	15.1	.2	1.7	1.4	1.3
All individuals.....	29.1	.1	1.2	1.1	.9

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.  
Excludes pregnant women.

Continued

Table 20se.--Weight status: Standard errors of Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by income, 1994-96--continued

Income, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>		<i>Percent</i>		
Over 350% poverty:					
Males:					
20-39.....	6.2	.2	2.3	2.1	1.9
40-59.....	6.7	.2	1.8	1.9	1.7
60 and over.....	2.7	.1	1.7	2.0	1.6
20 and over.....	15.6	.1	1.2	1.3	1.1
Females:					
20-39.....	5.5	.3	2.6	2.5	1.5
40-59.....	6.8	.2	1.6	1.8	1.5
60 and over.....	2.5	.3	2.6	3.0	1.9
20 and over.....	14.8	.2	1.4	1.6	.9
All individuals.....	30.4	.1	1.1	1.1	.8
All incomes.....	70.7	0.1	0.9	0.8	0.6

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 21.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	Percent	Kilocalories	----- Grams -----				Milligrams	
Participating:								
Males and females:								
1-2.....	0.6	1,373	53.4	53.2	21.7	19.4	7.9	227
3-5.....	0.8	1,615	59.6	62.0	23.4	23.7	10.2	225
5 and under ‡ .....	1.6	1,427	52.3	55.8	21.8	20.7	9.2	204
Males:								
6-11.....	0.5	2,109	76.9	82.0	30.2	31.8	14.0	260
12-19.....	0.8	2,730	103.5	111.4	38.4	44.3	20.5	406
20-39.....	0.7	3,375	124.4	141.7	50.3	53.6	27.1	537
40-59.....	0.4	2,251	86.8	85.5	29.1	33.7	15.9	334
60 and over.....	0.2	1,603	70.9	60.0	20.6	22.9	11.3	306
20 and over.....	1.3	2,811	106.2	114.4	40.1	43.7	21.7	446
Females:								
6-11.....	0.7	1,800	68.0	69.5	26.0	26.5	11.8	263
12-19.....	0.6	1,867	63.2	71.3	26.5	27.2	12.3	244
20-39.....	1.5	1,863	69.2	69.5	23.4	27.4	13.3	261
40-59.....	0.5	1,602	62.4	62.0	21.6	23.7	11.9	245
60 and over.....	0.4	1,318	54.2	50.9	16.7	19.6	10.4	238
20 and over.....	2.5	1,710	65.1	64.6	21.8	25.2	12.5	253
All individuals.....	7.9	1,974	73.7	77.4	27.7	29.8	14.1	290
Not participating:								
Males and females:								
1-2.....	0.4	1,311	52.2	50.1	20.4	18.2	7.8	215
3-5.....	0.7	1,584	59.8	58.9	22.5	22.0	9.8	212
5 and under ‡ .....	1.2	1,408	53.1	53.3	21.0	19.5	8.8	197
Males:								
6-11.....	0.5	1,976	66.6	73.9	26.9	29.3	12.2	235
12-19.....	0.7	2,807	93.3	106.2	37.1	41.5	19.8	347
20-39.....	1.7	2,901	109.7	105.2	36.3	40.9	19.8	391
40-59.....	0.6	2,381	93.5	92.4	30.7	35.8	18.4	389
60 and over.....	0.7	1,598	66.2	61.2	21.0	23.6	11.6	292
20 and over.....	3.0	2,480	95.8	91.9	31.4	35.7	17.6	366
Females:								
6-11.....	0.6	1,732	61.8	65.0	24.2	25.2	10.7	235
12-19.....	0.8	1,990	69.8	74.8	26.4	29.1	13.7	249
20-39.....	1.9	1,730	66.2	64.0	21.8	24.1	13.1	242
40-59.....	0.8	1,608	63.8	62.0	20.5	23.7	12.8	252
60 and over.....	1.7	1,242	50.7	43.7	14.4	16.5	9.2	178
20 and over.....	4.3	1,517	59.7	55.6	18.7	21.0	11.5	219
All individuals.....	11.1	1,907	71.8	70.9	24.7	27.2	13.5	267

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 21.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
Participating:							
Males and females:							
1-2.....	174.0	8.8	667	239	4.7	104	1.14
3-5.....	209.6	10.4	755	222	5.3	102	1.43
5 and under ‡ .....	182.7	8.8	750	216	6.1	104	1.25
Males:							
6-11.....	271.3	14.5	881	261	7.4	96	1.76
12-19.....	332.8	15.3	1,062	521	9.4	113	2.06
20-39.....	394.4	18.8	1,060	448	12.2	120	2.21
40-59.....	276.8	16.2	1,237	361	7.1	† 125	1.74
60 and over.....	192.0	13.9	† 1,358	† 649	6.0	99	1.42
20 and over.....	333.2	17.4	1,151	447	9.9	119	1.96
Females:							
6-11.....	230.2	11.4	812	243	6.2	88	1.46
12-19.....	246.4	12.1	709	281	6.6	99	1.41
20-39.....	236.7	11.3	680	356	6.7	80	1.37
40-59.....	197.8	11.5	821	508	5.8	87	1.19
60 and over.....	164.7	11.8	792	† 503	5.6	80	1.07
20 and over.....	215.6	11.4	730	415	6.3	82	1.28
All individuals.....	246.4	12.5	850	355	7.2	98	1.52
Not participating:							
Males and females:							
1-2.....	167.2	8.8	699	246	4.8	102	1.16
3-5.....	209.1	11.6	850	302	5.3	93	1.36
5 and under ‡ .....	183.4	9.8	802	290	5.8	99	1.23
Males:							
6-11.....	267.4	12.8	731	204	6.2	104	1.68
12-19.....	362.8	16.8	1,052	374	9.3	119	2.02
20-39.....	349.6	20.6	905	410	10.3	121	2.10
40-59.....	280.0	17.4	879	430	8.8	105	1.86
60 and over.....	197.3	15.3	1,275	552	6.4	76	1.45
20 and over.....	298.7	18.6	990	448	9.0	107	1.89
Females:							
6-11.....	230.5	11.4	746	232	5.6	101	1.36
12-19.....	264.7	13.5	697	263	6.9	82	1.54
20-39.....	223.8	13.1	834	457	7.0	98	1.37
40-59.....	201.5	12.7	695	393	6.4	76	1.25
60 and over.....	166.4	12.5	1,010	490	5.2	89	1.14
20 and over.....	197.4	12.8	879	459	6.2	91	1.26
All individuals.....	242.7	14.2	884	395	7.1	98	1.52

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 21.—Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Participating:							
Males and females:							
1-2.....	1.70	13.3	1.29	177	3.46	817	974
3-5.....	1.88	17.0	1.51	229	3.79	810	1,042
5 and under ‡ .....	1.74	14.8	1.31	196	3.76	787	945
Males:							
6-11.....	2.21	21.4	1.78	268	4.28	998	1,335
12-19.....	2.51	26.3	2.12	280	5.67	1,055	1,585
20-39.....	2.83	31.5	2.30	303	† 18.62	1,111	1,885
40-59.....	1.94	24.1	1.68	240	† 9.23	733	1,267
60 and over.....	1.70	19.4	1.63	238	5.92	597	1,025
20 and over.....	2.42	27.7	2.03	276	† 14.17	932	1,589
Females:							
6-11.....	1.97	17.7	1.53	229	4.31	855	1,156
12-19.....	1.71	17.8	1.46	215	4.04	717	1,051
20-39.....	1.49	19.1	1.42	200	3.80	592	1,026
40-59.....	1.41	17.1	1.31	172	3.24	562	942
60 and over.....	1.32	15.3	1.18	182	2.71	529	828
20 and over.....	1.44	18.0	1.35	191	3.48	574	973
All individuals.....	1.88	19.9	1.58	224	5.64	785	1,172
Not participating:							
Males and females:							
1-2.....	1.74	12.9	1.35	192	3.40	855	985
3-5.....	1.83	16.0	1.48	222	4.19	842	1,067
5 and under ‡ .....	1.73	14.3	1.34	200	3.69	828	982
Males:							
6-11.....	2.10	19.9	1.65	266	3.78	888	1,171
12-19.....	2.35	25.5	2.02	309	5.87	1,096	1,580
20-39.....	2.45	31.7	2.41	340	5.74	1,054	1,704
40-59.....	2.04	25.6	2.00	271	5.12	781	1,394
60 and over.....	1.80	18.9	1.60	239	† 6.62	649	1,072
20 and over.....	2.21	27.3	2.13	302	5.83	901	1,488
Females:							
6-11.....	1.76	16.1	1.36	217	4.87	796	1,060
12-19.....	1.81	19.3	1.57	221	4.28	748	1,118
20-39.....	1.56	18.4	1.54	233	3.79	645	1,062
40-59.....	1.45	17.1	1.34	197	3.40	615	1,002
60 and over.....	1.42	15.6	1.36	207	4.64	540	826
20 and over.....	1.49	17.1	1.43	217	4.06	598	959
All individuals.....	1.83	20.3	1.66	246	4.65	769	1,167

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 21.--Nutrient intakes: Mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Participating:						
Males and females:						
1-2.....	183	11.0	8.4	0.7	2,179	2,008
3-5.....	200	13.0	9.3	.8	2,741	2,056
5 and under ‡ .....	179	12.7	8.6	.8	2,233	1,894
Males:						
6-11.....	250	16.2	10.9	1.0	3,407	2,488
12-19.....	293	18.7	14.3	1.3	4,718	3,116
20-39.....	349	25.0	19.8	1.6	5,160	3,731
40-59.....	272	15.8	12.0	1.5	4,339	2,632
60 and over.....	242	13.8	10.1	1.1	2,876	2,551
20 and over.....	312	20.8	16.2	1.5	4,624	3,249
Females:						
6-11.....	210	13.6	10.3	.9	2,949	2,197
12-19.....	210	13.2	9.9	1.0	3,030	2,222
20-39.....	209	12.7	9.7	1.0	3,300	2,154
40-59.....	215	11.3	8.6	1.0	2,661	2,201
60 and over.....	190	10.8	7.5	.8	2,239	1,964
20 and over.....	207	12.1	9.1	1.0	2,975	2,131
All individuals.....	230	14.8	10.9	1.0	3,288	2,394
Not participating:						
Males and females:						
1-2.....	190	10.2	7.5	.7	2,013	2,032
3-5.....	207	12.9	9.2	.8	2,495	2,130
5 and under ‡ .....	190	12.1	8.2	.8	2,122	1,989
Males:						
6-11.....	227	14.6	10.2	.9	3,044	2,219
12-19.....	293	17.4	14.3	1.4	4,166	2,922
20-39.....	356	19.2	15.2	1.7	4,645	3,415
40-59.....	320	16.6	13.1	1.4	3,975	3,146
60 and over.....	250	14.4	9.4	1.1	2,866	2,457
20 and over.....	323	17.5	13.4	1.5	4,078	3,128
Females:						
6-11.....	202	12.0	9.0	.9	2,574	2,132
12-19.....	224	13.9	10.2	1.1	3,271	2,252
20-39.....	232	13.0	9.9	1.1	2,780	2,300
40-59.....	222	11.7	8.8	.9	2,700	2,234
60 and over.....	200	11.5	7.3	.9	2,172	1,990
20 and over.....	217	12.2	8.7	1.0	2,527	2,166
All individuals.....	247	14.2	10.4	1.1	3,076	2,457

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
Participating:									
Males and females:									
1-2.....	0.6	106	334	167	79	259	163	212	147
3-5.....	0.8	99	282	161	80	235	171	189	155
5 and under ‡ .....	1.6	104	284	176	118	259	179	212	156
Males:									
6-11.....	0.5	104	269	133	102	210	175	183	162
12-19.....	0.8	97	194	106	94	205	145	151	140
20-39.....	0.7	116	201	106	122	201	147	167	166
40-59.....	0.4	84	138	124	71	† 208	124	122	139
60 and over.....	0.2	70	112	† 136	60	164	118	122	129
20 and over.....	1.3	101	171	115	99	199	137	147	153
Females:									
6-11.....	0.7	90	233	127	85	192	147	165	135
12-19.....	0.6	84	139	89	82	177	127	130	118
20-39.....	1.5	84	139	85	82	131	122	112	126
40-59.....	0.5	76	124	103	73	144	112	111	119
60 and over.....	0.4	69	108	99	70	133	107	110	118
20 and over.....	2.5	80	130	91	78	134	117	111	123
All individuals.....	7.9	93	193	120	94	190	143	153	140
Not participating:									
Males and females:									
1-2.....	0.4	101	326	175	80	256	165	218	144
3-5.....	0.7	98	286	183	79	216	164	186	147
5 and under ‡ .....	1.2	100	287	186	107	247	172	205	149
Males:									
6-11.....	0.5	97	230	104	84	227	164	171	149
12-19.....	0.7	100	175	105	93	212	141	142	136
20-39.....	1.7	100	180	90	103	202	140	144	167
40-59.....	0.6	89	148	88	88	174	133	128	146
60 and over.....	0.7	69	105	127	64	127	121	129	126
20 and over.....	3.0	90	156	99	90	178	134	137	153
Females:									
6-11.....	0.6	88	216	120	78	221	137	148	124
12-19.....	0.8	90	153	87	86	147	139	138	128
20-39.....	1.9	77	133	103	84	160	120	117	121
40-59.....	0.8	78	128	87	80	127	118	115	121
60 and over.....	1.7	65	101	126	64	149	114	118	120
20 and over.....	4.3	73	120	110	76	150	118	117	121
All individuals.....	11.1	85	164	114	85	179	134	139	135

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 22.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>Percent of RDA</i>								
Participating:								
Males and females:								
1-2.....	129	355	494	102	122	229	110	84
3-5.....	141	348	428	101	130	189	130	93
5 and under ‡ .....	137	356	530	105	127	202	134	96
Males:								
6-11.....	132	275	317	120	160	151	158	103
12-19.....	113	158	284	88	132	87	159	95
20-39.....	115	151	† 931	130	218	100	250	132
40-59.....	84	120	† 462	92	158	78	158	80
60 and over.....	81	119	296	75	128	69	138	67
20 and over.....	102	138	† 709	111	189	89	208	108
Females:								
6-11.....	116	232	320	100	135	126	127	99
12-19.....	99	126	201	60	88	73	86	82
20-39.....	86	106	188	67	117	74	82	79
40-59.....	82	95	162	69	117	77	87	71
60 and over.....	74	101	135	66	104	68	108	63
20 and over.....	83	102	173	67	114	73	88	74
All individuals.....	107	190	368	90	134	113	132	91
Not participating:								
Males and females:								
1-2.....	135	385	486	107	123	237	102	75
3-5.....	139	344	466	105	133	199	129	92
5 and under ‡ .....	137	362	479	109	129	212	126	89
Males:								
6-11.....	118	259	276	105	139	133	142	97
12-19.....	107	173	294	91	132	87	151	96
20-39.....	121	170	287	111	182	102	192	101
40-59.....	100	136	256	98	174	91	166	87
60 and over.....	80	120	† 331	81	134	71	144	63
20 and over.....	107	151	291	101	169	92	175	89
Females:								
6-11.....	104	228	394	94	125	125	114	88
12-19.....	105	130	213	62	93	78	92	85
20-39.....	93	122	187	69	114	81	84	80
40-59.....	84	110	170	77	125	79	94	73
60 and over.....	85	115	232	68	103	71	115	61
20 and over.....	88	117	202	70	112	77	98	72
All individuals.....	103	170	276	86	131	102	128	83

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 1.7	22.2	48.3	† 0.0	† 0.0	† 0.7	† 4.5	13.4	28.7
3-5.....	0.8	† 2.7	21.4	58.5	† 0.0	† 0.0	† .6	5.4	18.9	33.5
5 and under ‡ .....	1.6	† 2.1	19.6	51.1	† 0.0	† .4	2.3	4.4	15.0	28.2
Males:										
6-11.....	0.5	† 2.7	19.7	57.0	† 0.0	† 0.0	† 1.8	† 8.9	35.4	56.2
12-19.....	0.8	† 2.8	35.6	61.7	† 0.0	† 1.1	† 7.3	25.4	46.4	66.1
20-39.....	0.8	† 9.9	29.2	52.3	† 0.0	† 8.0	15.6	26.5	45.6	58.6
40-59.....	0.4	18.3	47.4	69.4	† 7.0	† 10.0	34.4	41.6	62.1	71.5
60 and over.....	0.2	36.1	70.7	† 89.7	† 10.6	29.5	48.6	31.4	52.5	67.6
20 and over.....	1.3	15.4	39.3	61.6	† 3.3	11.1	25.0	31.5	51.3	63.4
Females:										
6-11.....	0.7	† 10.7	35.5	68.4	† 0.0	† 1.9	† 5.2	† 11.3	32.2	60.0
12-19.....	0.6	† 11.9	45.0	70.4	† .7	18.1	31.0	36.0	51.4	76.2
20-39.....	1.5	18.6	45.4	76.8	† 3.5	16.4	32.2	43.6	65.2	77.1
40-59.....	0.6	23.2	63.1	82.6	† 7.4	19.0	39.6	38.3	53.3	67.6
60 and over.....	0.5	23.0	62.3	† 92.0	† 8.1	26.6	41.9	45.0	65.8	79.3
20 and over.....	2.5	20.4	52.4	80.8	5.2	18.8	35.6	42.7	62.7	75.4
All individuals.....	8.0	11.6	37.8	66.4	2.2	9.4	19.3	26.0	44.3	60.4
Not participating:										
Males and females:										
1-2.....	0.5	† 2.8	25.3	59.0	† 0.0	† 0.0	† 1.5	† 6.1	13.6	25.0
3-5.....	0.6	† 2.1	31.4	62.1	† 0.0	† 0.0	† .8	† 5.6	16.3	30.8
5 and under ‡ .....	1.2	† 2.2	27.3	58.6	† 0.0	† 1.0	† 2.7	5.2	13.7	26.6
Males:										
6-11.....	0.5	† 6.1	32.0	66.6	† 0.0	† 0.0	† 7.2	14.7	37.7	56.8
12-19.....	0.7	† 5.9	27.2	57.5	† 1.3	† 5.4	† 8.1	32.2	57.6	71.3
20-39.....	1.6	11.9	31.9	64.2	† 1.7	5.2	15.2	32.9	53.2	64.6
40-59.....	0.6	7.9	48.1	73.9	† 2.0	† 4.3	15.5	44.8	58.5	71.6
60 and over.....	0.7	23.0	64.7	85.9	6.3	23.0	47.1	35.1	52.0	65.3
20 and over.....	2.9	13.7	43.2	71.5	2.9	9.3	22.9	35.9	54.0	66.2
Females:										
6-11.....	0.5	† 3.7	34.1	76.9	† 0.0	† 0.0	† 4.1	18.0	34.4	62.4
12-19.....	0.8	12.0	41.3	74.3	† 0.0	† 7.8	18.6	36.4	59.3	72.6
20-39.....	1.9	17.2	60.3	84.7	† 2.8	15.2	29.9	35.1	52.6	68.2
40-59.....	0.8	15.0	52.4	87.5	† 3.8	16.4	32.9	35.5	57.2	68.0
60 and over.....	1.6	23.9	67.4	93.6	7.5	23.1	45.7	24.4	46.3	60.0
20 and over.....	4.3	19.3	61.5	88.5	4.8	18.4	36.4	31.2	51.0	65.1
All individuals.....	11.0	13.2	46.5	76.1	2.7	10.7	23.1	28.6	47.3	61.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
Participating:										
Males and females:										
1-2.....	0.6	26.7	54.9	77.8	6.7	13.9	19.6	† 0.8	† 5.4	14.7
3-5.....	0.8	19.0	53.5	74.8	6.1	13.2	19.2	† .6	† 4.5	12.8
5 and under ‡ .....	1.6	19.4	47.6	66.9	5.5	11.7	16.8	† .6	4.4	12.7
Males:										
6-11.....	0.5	† 12.0	30.4	61.8	† 3.1	16.1	22.5	† 0.0	† 1.4	† 10.8
12-19.....	0.8	18.8	51.8	68.6	† 11.9	19.3	27.3	† 1.3	† 12.2	25.5
20-39.....	0.8	21.0	37.2	52.8	16.0	24.5	36.7	† 6.4	17.4	† 28.6
40-59.....	0.4	45.3	66.1	77.9	20.1	32.9	45.3	† 10.4	21.7	38.9
60 and over.....	0.2	53.3	† 80.0	† 88.0	32.8	46.3	60.9	† 13.8	36.2	52.5
20 and over.....	1.3	31.8	50.6	64.2	19.2	29.5	42.0	8.5	20.9	34.4
Females:										
6-11.....	0.7	14.4	52.3	80.4	† 10.9	19.6	32.6	† 0.0	† 6.6	19.3
12-19.....	0.6	31.0	55.1	76.1	† 11.0	25.2	32.1	† 8.1	19.4	34.3
20-39.....	1.5	29.6	59.6	76.4	28.2	47.0	57.0	9.7	26.2	46.1
40-59.....	0.6	27.9	54.9	80.3	27.0	44.0	51.1	† 6.6	18.2	45.4
60 and over.....	0.5	40.7	70.9	† 91.9	30.8	46.8	58.3	† 5.8	24.3	70.3
20 and over.....	2.5	31.2	60.6	80.1	28.4	46.3	55.9	8.3	24.1	50.3
All individuals.....	8.0	25.0	52.3	72.2	16.2	28.1	37.0	4.8	15.1	31.3
Not participating:										
Males and females:										
1-2.....	0.5	29.6	60.4	80.4	† 1.2	11.0	18.8	† 1.4	7.4	16.1
3-5.....	0.6	19.2	54.9	74.4	6.8	11.9	21.2	† .3	† 4.0	16.0
5 and under ‡ .....	1.2	21.1	51.9	69.8	4.0	10.4	18.3	† .7	4.9	14.6
Males:										
6-11.....	0.5	22.5	44.4	78.8	† 8.7	21.0	24.6	† 0.0	† 1.5	† 12.6
12-19.....	0.7	† 10.0	38.8	62.6	18.6	23.9	33.2	† 1.7	† 9.1	32.2
20-39.....	1.6	16.4	40.5	62.8	13.8	26.1	36.6	6.4	16.2	35.7
40-59.....	0.6	28.0	55.0	69.8	25.8	40.7	46.5	† 3.7	16.4	36.8
60 and over.....	0.7	40.7	71.7	85.2	20.2	40.4	52.1	6.2	22.5	39.7
20 and over.....	2.9	24.6	51.0	69.6	17.9	32.6	42.4	5.8	17.7	36.9
Females:										
6-11.....	0.5	19.3	60.1	84.0	† 5.8	† 13.1	20.8	† 0.0	† 4.2	26.3
12-19.....	0.8	19.7	56.1	70.2	22.8	33.1	43.2	† 3.0	† 10.8	27.4
20-39.....	1.9	26.0	53.4	72.9	17.8	32.7	44.2	7.6	20.8	46.0
40-59.....	0.8	25.2	52.5	77.3	27.1	39.0	49.2	7.3	19.9	41.3
60 and over.....	1.6	35.5	69.7	86.0	18.6	29.7	43.1	6.4	18.4	41.9
20 and over.....	4.3	29.4	59.3	78.7	19.8	32.8	44.7	7.1	19.7	43.6
All individuals.....	11.0	24.4	54.1	73.9	16.5	28.2	38.3	4.7	14.7	34.5

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 0.7	† 2.4	8.0	† 3.0	12.5	24.1	† 4.4	16.3	35.8
3-5.....	0.8	† 1.0	† 2.8	9.4	† .9	6.9	17.8	† 3.3	11.8	25.9
5 and under ‡ .....	1.6	† .8	† 2.3	7.7	† 1.8	8.4	19.2	3.3	12.7	28.0
Males:										
6-11.....	0.5	† 1.7	† 3.5	† 8.6	† .5	† 5.7	13.8	† 4.2	19.1	34.3
12-19.....	0.8	† 2.0	† 12.0	26.4	† .4	† 7.3	26.1	† 11.2	25.7	46.1
20-39.....	0.8	† 2.0	14.4	31.7	† 6.9	† 12.7	19.4	† 11.6	25.9	45.4
40-59.....	0.4	† 7.4	20.7	45.6	† 5.7	15.2	29.3	16.2	44.1	71.1
60 and over.....	0.2	† 13.8	28.0	45.8	† 5.9	† 20.0	41.2	35.9	59.4	† 83.1
20 and over.....	1.3	† 4.9	17.8	37.4	6.4	14.3	24.8	15.8	35.1	57.3
Females:										
6-11.....	0.7	† .5	† 7.2	17.3	† 1.3	† 8.3	26.5	† 5.3	20.2	47.2
12-19.....	0.6	† 13.9	23.9	40.1	† 4.1	23.5	36.6	† 12.8	35.7	56.0
20-39.....	1.5	13.9	27.2	51.7	8.5	16.5	38.7	20.0	44.7	66.4
40-59.....	0.6	† 6.9	27.8	54.4	† 5.4	19.4	43.9	22.0	44.3	73.8
60 and over.....	0.5	† 8.0	22.8	48.1	† 8.3	23.4	46.1	26.1	65.3	83.1
20 and over.....	2.5	11.3	26.5	51.6	7.8	18.4	41.2	21.6	48.3	71.0
All individuals.....	8.0	5.9	15.4	31.3	4.3	13.3	29.2	12.7	31.5	52.1
Not participating:										
Males and females:										
1-2.....	0.5	† 0.0	† 1.7	† 5.4	† 5.0	20.5	32.3	† 5.3	21.0	36.8
3-5.....	0.6	† .3	† 4.1	10.5	† 2.6	10.8	21.4	† 3.7	11.8	29.8
5 and under ‡ .....	1.2	† .1	† 2.8	7.6	3.2	13.6	24.6	3.9	14.8	31.2
Males:										
6-11.....	0.5	† 0.0	† .7	† 12.5	† 0.0	† 7.1	24.5	† 6.3	18.5	52.6
12-19.....	0.7	† 4.6	† 10.1	26.6	† 3.8	† 10.0	25.6	† 6.9	21.5	49.4
20-39.....	1.6	6.4	18.1	32.4	† 3.4	10.7	21.9	12.6	27.7	45.2
40-59.....	0.6	† 5.5	17.0	34.4	† 2.6	7.5	21.9	12.1	35.7	68.0
60 and over.....	0.7	5.9	18.2	40.4	6.2	18.7	34.7	21.3	54.1	73.1
20 and over.....	2.9	6.1	17.9	34.7	3.9	12.0	25.0	14.6	35.7	56.7
Females:										
6-11.....	0.5	† 0.0	† 4.4	18.8	† 0.0	14.0	35.4	† 3.8	25.4	51.3
12-19.....	0.8	† 5.0	14.6	32.9	† 1.8	13.8	37.9	† 7.3	35.2	57.7
20-39.....	1.9	7.7	23.3	47.7	5.9	22.4	42.4	16.6	40.9	66.1
40-59.....	0.8	† 3.7	25.6	50.1	† 4.3	18.4	41.0	24.9	50.6	67.1
60 and over.....	1.6	5.8	21.8	41.4	7.3	19.0	37.9	20.9	47.6	69.9
20 and over.....	4.3	6.2	23.1	45.8	6.1	20.4	40.4	19.7	45.2	67.7
All individuals.....	11.0	4.7	16.1	33.6	4.2	15.3	32.5	13.5	34.9	57.3

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
<i>Percent</i>		<i>Percent of individuals</i>								
<hr/>										
Participating:										
Males and females:										
1-2.....	0.6	† 0.0	† 0.0	† 1.9	† 0.4	† 1.8	† 1.8	15.8	37.8	54.6
3-5.....	0.8	† 0.0	† .7	† 1.9	† .5	† .7	† 1.6	10.1	30.2	57.4
5 and under ‡ .....	1.6	† 0.0	† .4	† 1.8	† .4	† 1.0	† 1.5	11.3	30.2	51.5
Males:										
6-11.....	0.5	† 0.0	† 0.0	† 7.7	† 0.0	† 3.0	† 3.8	† 6.5	22.9	45.7
12-19.....	0.8	† 3.1	17.9	27.5	† 0.0	† 3.4	† 7.8	20.6	43.7	71.6
20-39.....	0.8	† 5.1	24.0	34.3	† 4.1	† 6.6	† 12.3	20.9	33.7	47.0
40-59.....	0.4	† 11.6	20.0	42.9	† 3.7	23.2	31.5	24.8	55.2	75.8
60 and over.....	0.2	20.7	36.8	55.9	† 12.1	† 17.2	33.4	41.7	69.0	† 81.0
20 and over.....	1.3	8.8	24.3	39.3	† 4.9	12.7	20.4	24.4	44.1	59.4
Females:										
6-11.....	0.7	† .7	† 3.2	† 8.4	† 0.0	† 1.0	† 4.2	18.7	33.9	57.7
12-19.....	0.6	† 12.1	26.7	44.3	† 5.3	17.2	24.4	49.8	77.0	† 93.1
20-39.....	1.5	24.3	45.7	59.5	10.4	14.2	23.5	39.4	69.3	85.5
40-59.....	0.6	16.9	39.4	58.6	13.7	25.2	39.3	40.1	65.6	80.4
60 and over.....	0.5	14.9	40.9	71.5	16.0	28.0	33.3	38.6	63.7	83.9
20 and over.....	2.5	21.0	43.5	61.5	12.1	19.1	28.8	39.4	67.5	84.1
All individuals.....	8.0	9.3	21.6	33.2	5.1	10.2	15.8	26.3	48.7	68.1
<hr/>										
Not participating:										
Males and females:										
1-2.....	0.5	† 0.0	† 0.0	† .8	† 0.0	† 0.0	† 0.0	13.3	36.6	49.4
3-5.....	0.6	† 0.0	† .4	† 3.2	† 0.0	† .3	† 1.3	10.6	32.1	55.7
5 and under ‡ .....	1.2	† 0.0	† .2	† 2.0	† 0.0	† .1	† .7	10.8	31.5	50.4
Males:										
6-11.....	0.5	† 0.0	† .9	† 4.0	† 0.0	† .7	† 2.3	† 11.0	29.2	60.7
12-19.....	0.7	† 4.5	14.5	25.7	† 3.7	† 5.9	† 9.8	20.4	43.9	66.8
20-39.....	1.6	6.2	17.7	30.2	† 2.4	5.9	11.9	19.1	36.9	55.7
40-59.....	0.6	† 4.7	21.8	45.6	† 3.4	† 6.1	10.8	14.7	46.5	65.3
60 and over.....	0.7	12.0	30.3	51.8	8.4	14.8	24.1	27.9	55.7	72.4
20 and over.....	2.9	7.3	21.6	38.6	4.0	8.1	14.6	20.3	43.4	61.7
Females:										
6-11.....	0.5	† .8	† 2.9	† 12.4	† 0.0	† 0.0	† 3.1	† 6.1	33.4	65.0
12-19.....	0.8	† 10.1	28.2	49.5	† 2.3	† 6.3	21.9	46.8	76.8	† 90.0
20-39.....	1.9	18.9	33.8	50.2	6.9	18.7	27.0	35.5	62.7	86.2
40-59.....	0.8	10.3	38.5	54.7	9.4	20.1	33.8	32.3	59.4	82.2
60 and over.....	1.6	10.4	27.5	49.4	12.9	24.6	37.9	36.4	65.2	83.1
20 and over.....	4.3	14.1	32.3	50.8	9.6	21.2	32.4	35.2	63.0	84.3
All individuals.....	11.0	8.6	21.7	36.5	5.3	11.4	19.2	26.0	51.2	71.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 4.3	20.3	37.8	† 0.0	† 1.5	† 3.6	7.0	26.5	48.0
3-5.....	0.8	† 1.7	7.6	26.1	† .3	† 1.2	6.7	† 3.8	16.0	34.7
5 and under ‡ .....	1.6	2.4	11.9	30.3	† .2	† 1.4	5.1	4.9	18.1	36.7
Males:										
6-11.....	0.5	† 0.0	† 3.5	13.4	† .5	† 6.6	20.8	† .6	† 3.9	24.3
12-19.....	0.8	† 1.7	† 7.3	34.4	16.6	45.7	68.8	† .7	† 3.1	18.4
20-39.....	0.8	† .7	† 7.1	17.5	15.9	33.8	54.5	† 0.0	† 5.8	17.8
40-59.....	0.4	† 5.9	† 11.4	20.6	26.0	46.5	80.5	† 5.1	† 12.6	19.9
60 and over.....	0.2	† 7.1	29.2	40.9	38.1	68.4	† 94.0	† 5.1	20.7	36.3
20 and over.....	1.3	† 3.0	10.9	21.1	21.4	41.5	66.7	† 2.1	9.5	20.6
Females:										
6-11.....	0.7	† 2.5	12.8	29.2	† 5.1	13.7	33.1	† 3.2	16.2	39.6
12-19.....	0.6	17.3	41.9	65.5	22.2	60.6	† 86.9	19.8	42.9	69.0
20-39.....	1.5	11.6	27.3	46.6	25.0	57.8	84.6	28.0	55.5	77.5
40-59.....	0.6	9.8	22.9	42.4	20.3	55.1	84.8	18.9	53.6	70.9
60 and over.....	0.5	† 8.2	29.8	49.2	29.1	66.1	† 88.4	† 11.7	30.0	54.1
20 and over.....	2.5	10.6	26.8	46.1	24.7	58.7	85.4	23.0	50.5	71.8
All individuals.....	8.0	5.9	17.7	35.5	14.9	35.8	55.8	10.4	26.1	45.1
Not participating:										
Males and females:										
1-2.....	0.5	† 3.5	14.3	37.2	† 0.0	† .6	† 3.0	15.7	37.0	56.8
3-5.....	0.6	† 1.1	12.0	27.3	† 0.0	† 1.2	7.1	† 2.4	17.7	40.9
5 and under ‡ .....	1.2	† 2.8	12.9	30.7	† 0.0	† 1.5	5.6	7.1	23.7	44.1
Males:										
6-11.....	0.5	† .7	† 12.9	21.6	† 3.0	14.7	34.4	† 2.5	† 7.0	25.4
12-19.....	0.7	† 2.6	† 6.0	26.9	† 11.7	36.7	69.1	† 2.2	† 7.6	21.1
20-39.....	1.6	† 2.7	6.4	18.4	12.9	37.1	63.9	† 1.9	7.3	12.6
40-59.....	0.6	† 1.7	† 3.2	† 6.0	9.7	43.4	70.2	† .5	7.1	15.2
60 and over.....	0.7	† 3.0	14.1	29.3	28.3	66.2	84.0	† 3.5	16.5	32.3
20 and over.....	2.9	2.6	7.5	18.4	15.9	45.4	70.0	2.0	9.5	17.8
Females:										
6-11.....	0.5	† 0.0	† 8.2	28.7	† 2.1	† 11.7	33.6	† 3.2	18.3	50.7
12-19.....	0.8	12.4	37.4	67.5	26.0	66.7	79.9	17.4	43.9	75.7
20-39.....	1.9	8.1	22.1	44.3	19.9	55.0	79.0	25.5	52.0	77.5
40-59.....	0.8	† 3.7	14.5	37.4	21.4	50.3	75.6	20.1	39.2	67.1
60 and over.....	1.6	8.1	21.4	46.0	25.4	55.5	87.1	8.4	27.9	51.7
20 and over.....	4.3	7.3	20.4	43.7	22.2	54.3	81.4	18.1	40.6	65.9
All individuals.....	11.0	5.0	15.6	34.5	15.9	42.1	64.7	10.1	26.0	46.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	15.2	51.6	77.6
3-5.....	0.8	10.9	40.1	65.8
5 and under ‡ .....	1.6	11.4	40.2	63.6
Males:				
6-11.....	0.5	† 6.4	29.5	57.1
12-19.....	0.8	† 7.6	33.7	65.4
20-39.....	0.8	† 12.8	34.3	48.3
40-59.....	0.4	18.7	56.9	78.2
60 and over.....	0.2	37.6	71.5	† 89.4
20 and over.....	1.3	17.4	45.2	61.8
Females:				
6-11.....	0.7	† 10.5	39.1	59.6
12-19.....	0.6	27.5	49.0	64.0
20-39.....	1.5	28.8	55.4	76.3
40-59.....	0.6	34.7	63.5	81.3
60 and over.....	0.5	39.2	82.1	† 93.8
20 and over.....	2.5	32.0	62.0	80.5
All individuals.....	8.0	19.2	47.1	68.0
Not participating:				
Males and females:				
1-2.....	0.5	26.1	64.7	82.6
3-5.....	0.6	12.4	45.8	73.4
5 and under ‡ .....	1.2	16.3	49.5	73.4
Males:				
6-11.....	0.5	† 9.7	33.5	61.5
12-19.....	0.7	13.8	46.1	65.1
20-39.....	1.6	14.7	35.5	59.6
40-59.....	0.6	13.9	44.9	76.2
60 and over.....	0.7	37.1	69.5	90.5
20 and over.....	2.9	19.9	45.6	70.5
Females:				
6-11.....	0.5	† 8.9	48.2	72.5
12-19.....	0.8	25.2	44.7	80.5
20-39.....	1.9	26.3	56.1	81.7
40-59.....	0.8	30.5	64.6	81.0
60 and over.....	1.6	38.8	72.7	89.5
20 and over.....	4.3	31.8	63.9	84.5
All individuals.....	11.0	23.2	52.8	76.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	51.7	10.1	† 1.2	† 99.3	† 95.2	83.4	71.3	41.7	24.3
3-5.....	0.8	41.5	6.0	† .4	† 99.4	93.1	78.8	66.5	40.1	22.8
5 and under ‡ .....	1.6	48.9	7.9	† .7	97.7	87.8	73.0	71.8	45.3	24.9
Males:										
6-11.....	0.5	43.0	† 6.2	† 1.6	† 98.2	† 88.1	71.9	43.8	22.4	† 12.1
12-19.....	0.8	38.3	† 5.9	† 0.0	† 92.7	70.4	28.7	33.9	20.9	† 6.7
20-39.....	0.8	47.7	24.9	23.1	84.4	63.3	† 38.4	41.4	† 33.8	† 27.4
40-59.....	0.4	30.6	† 8.1	† 3.1	65.6	29.4	17.5	28.5	18.8	† 12.3
60 and over.....	0.2	† 10.3	† 1.8	† 0.0	51.4	† 19.2	† 5.6	32.4	† 19.9	† 13.0
20 and over.....	1.3	38.4	17.3	14.6	75.0	48.3	28.5	36.6	27.8	21.3
Females:										
6-11.....	0.7	31.6	† 0.0	† 0.0	† 94.8	83.9	63.3	40.0	20.6	14.6
12-19.....	0.6	29.6	† 3.8	† .8	69.0	41.9	22.4	23.8	† 13.2	† 8.5
20-39.....	1.5	23.2	† 2.1	† .3	67.8	34.3	13.0	22.9	9.7	† 7.0
40-59.....	0.6	17.4	† 3.0	† 0.0	60.4	29.2	9.8	32.4	17.6	14.5
60 and over.....	0.5	† 8.0	† .8	† .8	58.1	15.7	† 1.8	20.7	† 10.6	† 5.5
20 and over.....	2.5	19.2	† 2.0	† .3	64.4	29.8	10.3	24.6	11.6	8.4
All individuals.....	8.0	33.6	6.3	2.8	80.7	57.8	37.3	39.6	23.6	14.5
Not participating:										
Males and females:										
1-2.....	0.5	41.0	8.2	† 1.5	† 98.5	† 96.6	84.6	75.0	49.1	20.8
3-5.....	0.6	37.9	8.2	† 1.2	† 99.2	90.9	75.8	69.2	39.7	23.3
5 and under ‡ .....	1.2	41.4	9.3	† 1.2	† 97.3	88.0	73.5	73.4	46.5	26.0
Males:										
6-11.....	0.5	33.4	† 5.9	† 1.5	† 92.8	81.4	58.1	43.2	16.3	† 7.6
12-19.....	0.7	42.5	† 7.1	† 0.0	† 91.9	71.6	36.1	28.7	† 10.5	† 7.0
20-39.....	1.6	35.8	9.5	† 2.6	84.8	56.9	27.0	35.4	15.5	8.5
40-59.....	0.6	26.1	† 4.2	† 1.2	84.5	42.2	11.9	28.4	13.6	6.5
60 and over.....	0.7	14.1	† 1.3	† 0.0	52.9	12.4	† 3.9	34.7	19.3	10.6
20 and over.....	2.9	28.5	6.5	† 1.7	77.1	43.2	18.3	33.8	16.0	8.6
Females:										
6-11.....	0.5	23.1	† 0.0	† 0.0	† 95.9	79.8	49.5	37.6	14.7	† 9.0
12-19.....	0.8	25.7	† 2.6	† 1.1	81.4	49.3	11.7	27.4	16.2	† 10.1
20-39.....	1.9	15.3	† 2.1	† 0.0	70.1	26.6	7.1	31.8	16.0	8.9
40-59.....	0.8	12.5	† 2.0	† 0.0	67.1	27.2	6.7	32.0	14.7	10.6
60 and over.....	1.6	6.4	† 0.0	† 0.0	54.3	14.1	† 2.2	40.0	20.2	11.6
20 and over.....	4.3	11.5	† 1.3	† 0.0	63.6	22.0	5.1	34.9	17.3	10.2
All individuals.....	11.0	23.9	4.2	.7	76.9	45.6	23.2	38.4	19.5	11.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	22.2	† 4.3	† 3.2	80.4	65.4	53.0	85.3	54.0	25.2
3-5.....	0.8	25.2	† 4.1	† .2	80.8	65.0	46.6	87.2	49.5	23.0
5 and under ‡ .....	1.6	33.1	15.4	12.9	83.2	69.0	53.2	87.3	55.8	29.1
Males:										
6-11.....	0.5	38.2	12.8	† 4.0	77.5	58.5	45.5	† 89.2	63.2	17.2
12-19.....	0.8	31.4	† 6.3	† 2.5	72.7	54.7	38.8	74.5	42.4	18.6
20-39.....	0.8	47.2	† 31.5	† 25.7	63.3	54.1	† 35.5	71.4	† 42.5	† 28.6
40-59.....	0.4	22.1	† 8.1	† 5.0	54.7	39.1	29.5	61.1	40.3	† 11.8
60 and over.....	0.2	† 12.0	† 2.9	† 1.0	39.1	28.4	† 19.1	47.5	† 14.1	† 3.1
20 and over.....	1.3	35.8	21.3	16.8	58.0	46.7	† 31.8	65.6	38.6	20.8
Females:										
6-11.....	0.7	19.6	† 4.1	† 0.0	67.4	56.6	38.6	80.7	39.2	13.9
12-19.....	0.6	23.9	† 6.4	† 2.6	67.9	48.0	31.3	65.7	36.9	† 14.4
20-39.....	1.5	23.6	† 6.4	† .8	43.0	30.8	18.1	53.9	20.8	8.1
40-59.....	0.6	19.7	† 4.5	† 1.0	48.9	30.2	19.4	54.6	16.9	† 6.3
60 and over.....	0.5	† 8.1	† 3.2	† 2.4	41.7	24.4	15.2	29.7	† 9.3	† 2.9
20 and over.....	2.5	19.9	5.4	† 1.1	44.1	29.5	17.9	49.7	17.9	6.8
All individuals.....	8.0	27.8	10.6	6.4	63.0	48.3	33.9	68.7	37.5	16.6
Not participating:										
Males and females:										
1-2.....	0.5	19.6	6.6	† 2.7	81.2	65.8	51.1	83.9	46.3	21.4
3-5.....	0.6	25.6	6.2	† 0.0	78.8	51.8	38.2	84.0	49.2	20.2
5 and under ‡ .....	1.2	30.2	15.1	9.4	81.7	61.0	46.9	85.4	50.2	24.9
Males:										
6-11.....	0.5	21.2	† 6.1	† 2.2	75.4	61.0	39.2	† 87.4	42.1	16.4
12-19.....	0.7	37.4	† 9.7	† 1.9	66.8	53.8	45.2	67.8	29.2	† 11.2
20-39.....	1.6	37.2	14.7	6.5	63.4	46.8	35.0	64.3	28.4	12.4
40-59.....	0.6	30.2	6.9	† 2.5	53.5	43.3	32.1	63.2	34.8	7.8
60 and over.....	0.7	14.8	† 4.5	† 1.8	47.9	27.6	21.6	60.3	24.5	8.7
20 and over.....	2.9	30.4	10.6	4.5	57.6	41.5	31.2	63.1	28.8	10.5
Females:										
6-11.....	0.5	16.0	† 1.4	† .6	79.2	56.9	43.4	73.7	37.6	† 5.3
12-19.....	0.8	29.8	† 4.4	† 1.1	56.8	38.0	22.1	72.6	19.8	† 8.9
20-39.....	1.9	27.1	7.6	† 3.9	55.8	36.1	25.4	54.0	19.0	7.3
40-59.....	0.8	22.7	† 4.6	† 2.1	50.8	31.1	21.7	58.7	21.4	† 4.2
60 and over.....	1.6	14.0	4.9	† 2.2	56.9	36.2	21.6	58.1	19.4	6.4
20 and over.....	4.3	21.3	6.0	2.9	55.3	35.2	23.3	56.4	19.6	6.4
All individuals.....	11.0	26.1	8.2	3.7	61.7	43.3	31.0	65.5	27.9	10.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals								
Participating:										
Males and females:										
1-2.....	0.6	92.0	76.1	47.8	75.9	43.9	19.3	64.2	27.5	7.9
3-5.....	0.8	90.6	62.9	29.1	82.2	44.7	18.4	74.1	32.7	10.4
5 and under ‡ .....	1.6	92.3	71.4	43.0	80.8	45.8	21.5	72.0	31.7	9.8
Males:										
6-11.....	0.5	† 91.4	63.9	23.8	86.2	47.4	16.2	65.7	26.2	† 9.8
12-19.....	0.8	73.6	37.9	22.7	73.9	33.2	† 12.5	53.9	22.4	† 5.9
20-39.....	0.8	68.3	46.8	† 31.9	80.6	55.9	† 32.2	54.6	† 31.8	† 25.4
40-59.....	0.4	54.4	21.1	† 11.6	70.7	36.3	17.6	28.9	† 12.9	† 3.8
60 and over.....	0.2	54.2	† 15.1	† 7.6	58.8	26.6	† 6.7	† 16.9	† 6.2	† 1.8
20 and over.....	1.3	62.6	35.6	23.1	75.2	46.8	25.0	42.7	23.3	16.3
Females:										
6-11.....	0.7	82.7	50.3	20.4	73.5	31.1	† 7.7	52.8	16.7	† 7.3
12-19.....	0.6	59.9	31.1	14.9	63.4	32.8	† 7.5	44.0	14.9	† 5.3
20-39.....	1.5	48.3	18.1	† 6.3	61.3	25.8	9.4	33.6	† 7.4	† 1.3
40-59.....	0.6	45.6	25.1	† 7.3	56.1	29.1	† 6.6	26.2	† 5.3	† 2.1
60 and over.....	0.5	51.9	16.7	† 1.6	53.9	20.5	† 1.8	16.9	† 3.4	† 0.0
20 and over.....	2.5	48.4	19.4	5.7	58.8	25.6	7.4	29.0	6.2	† 1.2
All individuals.....	8.0	68.7	40.8	20.9	70.8	36.4	14.3	47.9	18.6	7.3
Not participating:										
Males and females:										
1-2.....	0.5	† 94.6	77.2	49.2	67.7	39.2	16.1	63.2	30.3	10.6
3-5.....	0.6	89.5	63.7	28.4	78.6	42.4	16.3	70.2	36.4	12.0
5 and under ‡ .....	1.2	92.4	69.7	40.0	75.4	43.7	18.2	68.8	34.8	12.1
Males:										
6-11.....	0.5	† 87.5	49.7	18.2	75.5	34.9	14.4	47.4	† 14.2	† 9.1
12-19.....	0.7	73.4	34.0	14.4	74.4	36.0	13.0	50.6	† 8.0	† 1.1
20-39.....	1.6	67.6	29.7	12.3	78.1	44.2	21.5	54.8	19.0	5.6
40-59.....	0.6	65.6	20.7	9.2	78.1	35.6	14.3	32.0	11.0	† 4.8
60 and over.....	0.7	59.6	25.6	9.4	65.3	29.3	10.4	26.9	6.2	† 1.7
20 and over.....	2.9	65.3	26.8	11.0	75.0	38.8	17.4	43.3	14.3	4.5
Females:										
6-11.....	0.5	81.2	43.4	† 12.1	64.6	27.2	† 5.9	48.7	16.9	† 0.0
12-19.....	0.8	67.1	26.2	12.0	62.1	21.8	† 8.7	42.3	† 11.0	† 1.8
20-39.....	1.9	52.3	16.5	† 5.3	57.6	20.1	6.3	33.9	8.6	† 3.3
40-59.....	0.8	49.9	19.4	† 5.3	59.0	21.8	7.3	32.9	† 5.2	† 1.1
60 and over.....	1.6	58.6	22.6	5.2	62.1	26.6	5.8	30.1	6.3	† 1.6
20 and over.....	4.3	54.2	19.3	5.2	59.6	22.9	6.3	32.3	7.1	2.3
All individuals.....	11.0	66.4	30.9	12.6	67.5	30.9	11.5	42.7	13.2	4.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23B.—Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	† 98.1	91.5	77.7	† 98.2	† 96.3	90.7	45.4	12.8	† 2.5
3-5.....	0.8	† 98.1	91.4	79.7	† 98.4	† 96.2	90.0	42.6	10.1	† 2.8
5 and under ‡ .....	1.6	† 98.2	92.4	80.8	† 98.5	96.6	91.3	48.5	13.6	4.1
Males:										
6-11.....	0.5	† 92.3	72.6	65.7	† 96.2	† 89.4	73.1	54.3	18.8	† 6.3
12-19.....	0.8	72.5	37.8	26.5	† 92.2	76.4	61.1	28.4	† 8.4	† 3.4
20-39.....	0.8	65.7	48.4	† 36.3	† 87.7	73.7	63.3	53.0	† 35.9	† 26.7
40-59.....	0.4	57.1	32.5	21.3	68.5	60.2	45.6	24.2	† 11.3	† 10.0
60 and over.....	0.2	44.1	† 15.9	† 9.5	66.6	56.0	43.6	† 19.0	† 3.8	† 2.3
20 and over.....	1.3	60.7	40.0	† 28.8	79.6	67.7	55.8	40.6	24.9	19.0
Females:										
6-11.....	0.7	† 91.6	75.4	53.8	† 95.8	86.4	64.7	42.3	† 9.1	† 2.5
12-19.....	0.6	55.7	36.7	16.0	75.6	58.4	37.1	† 6.9	† 1.9	† 1.1
20-39.....	1.5	40.5	22.4	† 7.1	76.5	53.2	32.7	14.5	† 4.9	† 2.6
40-59.....	0.6	41.4	14.2	† 7.8	60.7	46.9	32.1	19.6	† 5.4	† .8
60 and over.....	0.5	28.5	† 10.6	† 6.8	66.7	32.3	19.3	16.1	† 1.8	† .8
20 and over.....	2.5	38.5	18.5	7.2	71.2	48.0	30.2	15.9	4.5	† 1.8
All individuals.....	8.0	66.8	48.7	36.0	84.2	70.6	56.0	31.9	11.2	5.6
Not participating:										
Males and females:										
1-2.....	0.5	† 99.2	91.7	82.4	† 100.0	† 97.8	† 94.7	50.6	16.1	7.4
3-5.....	0.6	† 96.8	89.2	77.6	† 98.7	† 95.8	87.6	44.3	9.5	† 3.6
5 and under ‡ .....	1.2	† 98.0	90.9	80.7	† 99.3	97.0	90.9	49.6	15.6	5.5
Males:										
6-11.....	0.5	† 96.0	75.5	50.8	† 97.7	82.0	60.5	39.3	16.2	† 1.0
12-19.....	0.7	74.3	45.8	29.3	† 90.2	76.7	64.9	33.2	† 5.5	† .4
20-39.....	1.6	69.8	41.9	26.2	88.1	73.8	58.3	44.3	17.2	6.2
40-59.....	0.6	54.4	29.5	10.7	89.2	77.5	54.9	34.7	11.3	† 2.2
60 and over.....	0.7	48.2	24.5	11.4	75.9	56.7	40.4	27.6	7.0	† 2.5
20 and over.....	2.9	61.4	35.1	19.4	85.4	70.5	53.3	38.3	13.5	4.5
Females:										
6-11.....	0.5	† 87.6	68.5	50.3	† 96.9	85.9	64.7	35.0	† 12.7	† 2.1
12-19.....	0.8	50.5	24.0	16.1	78.1	58.1	39.3	† 10.0	† 2.1	† 0.0
20-39.....	1.9	49.8	21.7	11.0	73.0	47.6	29.3	13.8	† 1.8	† .8
40-59.....	0.8	45.3	21.6	6.4	66.2	44.7	30.5	17.8	8.0	† .6
60 and over.....	1.6	50.6	21.1	7.9	62.1	43.2	23.4	16.9	† 2.1	† .5
20 and over.....	4.3	49.2	21.5	9.0	67.6	45.4	27.3	15.7	3.0	† .7
All individuals.....	11.0	63.5	39.2	25.4	80.8	64.3	47.9	28.1	8.3	2.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals								
Participating:										
Males and females:										
1-2.....	0.6	62.2	21.0	† 4.0	† 96.4	77.2	57.5	52.0	21.0	6.7
3-5.....	0.8	73.9	25.9	6.9	93.3	62.2	39.8	65.3	26.2	9.1
5 and under ‡ .....	1.6	69.7	24.5	6.0	94.9	68.3	45.6	63.3	30.9	13.0
Males:										
6-11.....	0.5	86.6	41.2	19.9	79.2	32.0	13.7	75.7	42.2	20.0
12-19.....	0.8	65.6	28.3	† 11.3	31.2	† 6.9	† .8	81.6	41.1	20.0
20-39.....	0.8	82.5	64.2	45.7	45.5	† 25.9	† 1.1	82.2	60.7	47.0
40-59.....	0.4	79.4	40.8	22.9	19.5	† 8.9	† 4.0	80.1	50.8	20.8
60 and over.....	0.2	59.1	† 16.6	† 5.6	† 6.0	† 1.8	† 1.1	63.7	22.3	† 10.2
20 and over.....	1.3	78.9	51.8	34.4	33.3	18.1	† 2.0	79.4	53.4	35.0
Females:										
6-11.....	0.7	70.8	20.0	† 6.8	66.9	20.4	† 5.8	60.4	21.7	† 6.1
12-19.....	0.6	34.5	† 8.4	† 3.3	† 13.1	† 4.9	† 0.0	31.0	† 11.7	† 2.3
20-39.....	1.5	53.4	18.1	8.1	15.4	† 1.6	† .6	22.5	† 4.5	† .3
40-59.....	0.6	57.6	20.9	† 4.9	15.2	† .7	† 0.0	29.1	14.3	† 3.3
60 and over.....	0.5	50.8	16.7	† 1.5	† 11.6	† .8	† 0.0	45.9	† 12.2	† 3.5
20 and over.....	2.5	53.9	18.5	6.2	14.6	† 1.3	† .3	28.2	8.1	† 1.6
All individuals.....	8.0	64.5	27.0	12.1	44.2	22.1	11.2	54.9	27.0	12.8
Not participating:										
Males and females:										
1-2.....	0.5	62.8	22.1	7.5	† 97.0	85.0	57.1	43.2	17.6	† 3.6
3-5.....	0.6	72.7	26.6	† 6.0	92.9	68.0	36.5	59.1	22.1	10.1
5 and under ‡ .....	1.2	69.3	25.9	6.8	94.4	74.0	44.8	55.9	24.7	11.1
Males:										
6-11.....	0.5	78.4	34.7	† 9.0	65.6	21.4	† 6.6	74.6	37.8	† 13.5
12-19.....	0.7	73.1	29.1	† 4.8	30.9	† 3.4	† 0.0	78.9	42.6	16.7
20-39.....	1.6	81.6	57.2	30.9	36.1	14.2	† 2.4	87.4	62.5	38.4
40-59.....	0.6	† 94.0	59.5	24.2	29.8	† 5.8	† 1.6	84.8	44.8	21.1
60 and over.....	0.7	70.7	31.0	11.9	16.0	† 3.1	† 1.2	67.7	35.1	16.4
20 and over.....	2.9	81.6	51.4	25.0	30.0	9.8	2.0	82.2	52.2	29.5
Females:										
6-11.....	0.5	71.3	24.0	† 5.4	66.4	25.4	† 9.8	49.3	17.1	† 1.8
12-19.....	0.8	32.5	† 5.4	† 1.0	20.1	† 1.7	† 1.1	24.3	† 6.3	† 2.9
20-39.....	1.9	55.7	13.0	† 3.0	21.0	† 3.3	† .6	22.5	† 4.7	† 2.7
40-59.....	0.8	62.6	20.9	8.3	24.4	† 1.7	† 0.0	32.9	11.1	† 4.0
60 and over.....	1.6	54.0	12.3	† 1.7	12.9	† 1.2	† 0.0	48.3	21.2	9.5
20 and over.....	4.3	56.3	14.2	3.5	18.6	2.2	† .3	34.1	12.1	5.5
All individuals.....	11.0	65.5	27.1	9.8	35.3	14.2	6.4	54.0	27.1	13.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	22.4	† 4.8	† 1.8
3-5.....	0.8	34.2	9.6	† .9
5 and under ‡ .....	1.6	36.4	11.2	2.7
Males:				
6-11.....	0.5	42.9	12.6	† 4.6
12-19.....	0.8	34.6	† 7.9	† 3.8
20-39.....	0.8	51.7	† 31.0	† 25.9
40-59.....	0.4	21.8	† 6.4	† 3.4
60 and over.....	0.2	† 10.6	† 3.7	† 0.0
20 and over.....	1.3	38.2	20.6	16.3
Females:				
6-11.....	0.7	40.4	† 11.6	† 2.4
12-19.....	0.6	36.0	† 10.2	† 2.0
20-39.....	1.5	23.7	† 3.7	† 1.9
40-59.....	0.6	18.7	† 4.5	† .4
60 and over.....	0.5	† 6.2	† 2.9	† 0.0
20 and over.....	2.5	19.5	3.7	† 1.2
All individuals.....	8.0	32.0	10.2	4.6
Not participating:				
Males and females:				
1-2.....	0.5	17.4	† 2.0	† .3
3-5.....	0.6	26.6	7.8	† 2.5
5 and under ‡ .....	1.2	26.6	7.2	† 2.4
Males:				
6-11.....	0.5	38.5	† 8.9	† 2.8
12-19.....	0.7	34.9	† 7.3	† 3.6
20-39.....	1.6	40.4	11.5	† 3.8
40-59.....	0.6	23.8	† 4.5	† 1.2
60 and over.....	0.7	9.5	† 1.5	† .8
20 and over.....	2.9	29.5	7.6	2.5
Females:				
6-11.....	0.5	27.5	† 7.0	† 0.0
12-19.....	0.8	19.5	† 3.5	† 1.1
20-39.....	1.9	18.3	† 2.4	† .5
40-59.....	0.8	19.0	† 4.9	† 1.7
60 and over.....	1.6	10.5	† 2.6	† .6
20 and over.....	4.3	15.5	2.9	† .7
All individuals.....	11.0	23.6	5.4	1.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 24.—Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	Percent	----- Percent of kilocalories -----						
Participating:								
Males and females:								
1-2.....	0.6	15.6	34.3	14.1	12.5	5.1	51.2	† *
3-5.....	0.8	14.9	34.5	13.1	13.2	5.7	51.8	† *
5 and under ‡ .....	1.6	14.5	35.4	14.0	12.9	5.9	51.1	† *
Males:								
6-11.....	0.5	14.6	34.7	12.8	13.4	6.0	51.8	† *
12-19.....	0.8	15.3	35.8	12.3	14.1	6.7	49.7	† .1
20-39.....	0.7	15.3	35.8	12.3	13.8	6.8	48.0	† 1.7
40-59.....	0.4	16.1	32.5	11.0	12.8	6.0	50.7	† 1.4
60 and over.....	0.2	18.7	33.6	11.7	12.9	6.1	47.2	† 1.3
20 and over.....	1.3	16.0	34.5	11.9	13.4	6.5	48.7	1.6
Females:								
6-11.....	0.7	15.4	34.3	12.9	13.0	5.8	51.3	*
12-19.....	0.6	13.7	33.9	12.4	13.0	5.9	53.2	† .4
20-39.....	1.5	15.2	32.7	11.1	12.8	6.2	52.0	† .9
40-59.....	0.5	16.1	34.4	12.2	12.8	6.6	49.9	.7
60 and over.....	0.4	16.8	34.7	11.4	13.4	7.1	49.7	† *
20 and over.....	2.5	15.7	33.4	11.4	12.9	6.4	51.1	† .7
All individuals.....	7.9	15.2	34.4	12.4	13.1	6.2	50.8	.5
Not participating:								
Males and females:								
1-2.....	0.4	15.9	33.4	13.7	12.1	5.2	52.1	† *
3-5.....	0.7	15.2	33.3	12.8	12.4	5.5	52.9	*
5 and under ‡ .....	1.2	14.9	33.9	13.5	12.2	5.7	52.4	*
Males:								
6-11.....	0.5	13.7	33.3	12.0	13.1	5.7	54.3	† *
12-19.....	0.7	13.7	33.7	11.7	13.1	6.4	52.5	† 1.2
20-39.....	1.7	16.3	32.8	11.4	12.7	6.2	48.3	3.4
40-59.....	0.6	16.2	34.5	11.4	13.4	6.8	47.4	2.8
60 and over.....	0.7	16.9	34.1	11.7	13.2	6.4	49.6	.8
20 and over.....	3.0	16.5	33.5	11.5	12.9	6.3	48.4	2.6
Females:								
6-11.....	0.6	14.4	33.6	12.5	13.1	5.5	53.4	† *
12-19.....	0.8	14.2	33.2	11.7	12.9	6.0	53.9	† .1
20-39.....	1.9	15.8	33.2	11.3	12.6	6.7	51.7	† .8
40-59.....	0.8	16.1	33.9	11.1	12.9	7.2	50.8	† .3
60 and over.....	1.7	16.7	31.1	10.3	11.8	6.4	53.9	† .1
20 and over.....	4.3	16.2	32.5	10.9	12.3	6.7	52.4	† .5
All individuals.....	11.1	15.6	33.1	11.6	12.6	6.3	51.6	1.0

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 25.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
Participating:				
Males and females:				
1-2.....	0.6	22.3	14.1	76.8
3-5.....	0.8	15.3	9.4	80.7
5 and under ‡ .....	1.6	16.1	10.1	81.3
Males:				
6-11.....	0.5	14.8	19.5	69.7
12-19.....	0.8	25.5	24.9	43.6
20-39.....	0.8	21.9	20.9	26.1
40-59.....	0.4	32.8	32.8	55.8
60 and over.....	0.2	32.1	37.9	55.5
20 and over.....	1.3	26.2	26.3	38.2
Females:				
6-11.....	0.7	21.4	12.3	70.5
12-19.....	0.6	31.7	30.9	72.3
20-39.....	1.5	33.8	39.0	69.9
40-59.....	0.6	17.9	31.7	69.9
60 and over.....	0.5	32.8	40.9	69.0
20 and over.....	2.5	30.1	37.7	69.8
All individuals.....	8.0	24.5	25.2	64.7
Not participating:				
Males and females:				
1-2.....	0.5	27.0	14.8	76.0
3-5.....	0.6	29.4	16.5	81.1
5 and under ‡ .....	1.2	25.8	14.5	81.0
Males:				
6-11.....	0.5	30.3	23.3	76.3
12-19.....	0.7	29.2	29.2	43.0
20-39.....	1.6	29.4	30.6	45.8
40-59.....	0.6	29.0	32.4	43.7
60 and over.....	0.7	34.7	37.1	59.0
20 and over.....	2.9	30.6	32.5	48.5
Females:				
6-11.....	0.5	32.2	16.9	78.8
12-19.....	0.8	29.3	28.4	74.1
20-39.....	1.9	31.0	37.9	72.7
40-59.....	0.8	32.3	41.0	65.1
60 and over.....	1.6	43.5	50.1	82.9
20 and over.....	4.3	35.9	43.1	75.1
All individuals.....	11.0	32.0	33.0	66.7

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 26A.--Grain products: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<i>Percent</i> ----- <i>Grams</i> -----											
Participating:											
Males and females:											
1-2.....	0.6	222	21	65	14	22	† 11	11	13	5	107
3-5.....	0.8	274	33	72	26	18	† 8	17	16	10	126
5 and under ‡ .....	1.6	225	25	63	18	17	8	13	13	7	104
Males:											
6-11.....	0.5	342	52	93	24	33	† 3	27	35	8	127
12-19.....	0.8	411	59	101	19	† 61	† 5	32	37	† 14	169
20-39.....	0.7	415	67	† 55	† 8	† 40	† 6	† 53	† 54	† 16	170
40-59.....	0.4	397	59	102	† 5	58	† 24	† 29	27	† 7	173
60 and over.....	0.2	248	52	104	† 8	† 25	† 13	25	14	† 4	† 50
20 and over.....	1.3	389	63	76	† 7	43	† 12	42	† 41	12	156
Females:											
6-11.....	0.7	298	36	61	21	23	† 2	22	37	† 7	135
12-19.....	0.6	305	33	80	17	24	† 19	18	24	† 8	141
20-39.....	1.5	296	44	71	8	44	† 11	16	28	6	131
40-59.....	0.5	230	40	74	6	† 23	† 17	23	† 17	9	68
60 and over.....	0.4	230	40	56	8	11	† 8	31	20	† 5	78
20 and over.....	2.5	270	42	69	8	33	12	20	24	7	108
All individuals.....	7.9	304	43	74	14	33	10	24	28	9	127
Not participating:											
Males and females:											
1-2.....	0.4	196	22	56	13	17	† 7	8	16	5	88
3-5.....	0.7	286	32	83	19	† 25	† 7	17	22	6	125
5 and under ‡ .....	1.2	231	26	67	15	20	7	12	18	5	102
Males:											
6-11.....	0.5	300	49	86	27	† 38	† 13	20	26	† 23	96
12-19.....	0.7	384	44	69	17	† 22	† 9	† 32	46	15	178
20-39.....	1.7	456	61	97	14	53	† 20	31	36	17	213
40-59.....	0.6	369	57	99	8	61	† 16	32	39	11	132
60 and over.....	0.7	256	51	99	13	21	† 16	23	35	4	45
20 and over.....	3.0	390	57	98	12	47	19	30	36	13	156
Females:											
6-11.....	0.6	202	44	40	14	† 13	† 4	20	20	9	68
12-19.....	0.8	335	39	† 84	19	† 17	† 40	† 15	25	† 11	161
20-39.....	1.9	247	35	73	16	33	† 15	16	26	8	89
40-59.....	0.8	235	46	64	7	34	† 8	22	23	9	70
60 and over.....	1.7	212	42	75	14	15	† 8	13	28	5	50
20 and over.....	4.3	231	40	72	13	26	11	16	26	7	70
All individuals.....	11.1	292	44	78	15	30	14	20	29	10	111

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 26B.--Grain products: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<div>Percent-----Percent-----</div>											
Participating:											
Males and females:											
1-2.....	0.6	† 97.7	51.9	70.5	50.0	19.5	7.0	24.5	34.1	28.3	47.2
3-5.....	0.8	† 99.6	61.1	71.5	55.3	17.2	4.9	29.4	37.3	28.0	46.5
5 and under ‡ .....	1.6	94.0	51.1	69.2	46.1	15.7	4.9	24.3	33.4	25.8	42.4
Males:											
6-11.....	0.5	† 98.6	63.3	62.6	43.6	19.2	† 3.1	34.2	41.7	22.5	48.0
12-19.....	0.8	† 99.0	63.1	48.6	30.2	16.6	† 1.5	29.4	29.8	15.4	45.3
20-39.....	0.7	† 97.7	56.4	19.5	† 9.6	† 9.6	† 1.4	36.8	† 32.1	21.0	33.1
40-59.....	0.4	† 94.9	60.8	33.2	† 7.3	16.2	† 5.2	26.5	23.2	† 11.8	36.8
60 and over.....	0.2	† 93.9	70.8	48.2	† 15.3	† 9.5	† 5.3	25.3	19.5	† 13.3	17.0
20 and over.....	1.3	† 96.4	59.5	27.2	9.6	11.6	† 3.0	32.2	27.8	17.2	32.2
Females:											
6-11.....	0.7	† 99.5	62.2	64.6	48.3	18.4	† .9	28.9	46.0	18.3	54.7
12-19.....	0.6	† 95.3	48.5	50.6	27.6	14.7	† 9.6	26.4	31.9	16.1	38.7
20-39.....	1.5	† 95.5	61.7	37.8	18.0	16.3	† 4.0	20.3	23.9	17.5	39.3
40-59.....	0.5	92.1	59.3	39.5	14.2	14.3	† 6.5	25.9	17.2	21.0	23.2
60 and over.....	0.4	† 97.5	68.1	36.5	18.3	† 7.5	† 3.3	39.2	35.0	19.8	24.9
20 and over.....	2.5	95.1	62.3	38.0	17.2	14.3	4.4	24.8	24.4	18.7	33.3
All individuals.....	7.9	96.1	58.7	48.5	28.4	15.1	4.0	27.5	30.9	19.6	39.4
Not participating:											
Males and females:											
1-2.....	0.4	† 95.9	51.0	63.5	43.9	15.9	† 6.9	30.9	37.6	26.1	43.8
3-5.....	0.7	† 98.9	54.7	64.7	47.9	13.8	† 5.7	35.9	43.1	25.3	46.9
5 and under ‡ .....	1.2	95.0	49.1	64.5	41.9	14.1	6.4	30.5	38.4	23.0	42.0
Males:											
6-11.....	0.5	† 97.1	72.8	59.9	45.3	† 20.7	† 6.1	26.1	44.1	21.4	38.2
12-19.....	0.7	† 93.9	59.7	40.2	25.0	† 8.5	† 3.2	22.3	37.2	23.6	45.3
20-39.....	1.7	93.7	60.1	39.9	17.0	16.5	† 7.2	21.0	32.0	27.5	41.5
40-59.....	0.6	† 96.5	59.0	38.6	11.9	20.7	† 6.3	33.0	30.3	15.8	31.3
60 and over.....	0.7	† 96.8	69.5	52.5	26.5	10.9	† 3.7	24.4	36.8	15.0	14.8
20 and over.....	3.0	95.0	62.2	42.7	18.3	16.0	6.2	24.2	32.8	22.1	33.0
Females:											
6-11.....	0.6	† 97.2	74.8	49.2	35.6	† 10.1	† 3.4	30.3	41.9	26.7	42.0
12-19.....	0.8	† 96.1	60.9	42.4	27.4	† 6.7	† 8.0	20.0	27.9	19.3	45.8
20-39.....	1.9	93.9	56.4	44.9	23.0	16.6	5.7	24.3	29.3	20.7	31.9
40-59.....	0.8	† 97.7	65.2	38.8	15.4	16.9	† 3.1	30.3	34.3	22.2	27.1
60 and over.....	1.7	† 97.9	67.8	58.0	32.1	7.6	† 3.9	22.2	33.6	19.3	19.0
20 and over.....	4.3	96.2	62.4	49.0	25.2	13.1	4.5	24.5	31.9	20.4	26.0
All individuals.....	11.1	95.7	61.7	48.5	26.8	13.4	5.3	25.0	34.0	21.6	33.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 27A.--Vegetables: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent										
----- Grams -----											
Participating:											
Males and females:											
1-2.....	0.6	89	34	18	† 4	5	† 8	† 1	5	9	23
3-5.....	0.8	101	45	22	† 3	† 2	7	† 3	† 6	15	19
5 and under ‡ .....	1.6	90	36	18	3	5	6	2	6	12	20
Males:											
6-11.....	0.5	91	37	27	† *	† 3	10	8	† 6	† 5	† 21
12-19.....	0.8	198	99	51	† 8	† 8	16	† 6	† 12	† 9	† 40
20-39.....	0.7	210	74	47	† 32	† 4	32	† 6	† 7	† 10	† 45
40-59.....	0.4	223	55	† 13	† 3	† 7	† 24	† 5	† 26	† 52	51
60 and over.....	0.2	232	82	† 11	† 19	† 14	† 41	† 7	† 11	† 8	† 51
20 and over.....	1.3	216	69	32	† 21	† 6	31	6	† 13	† 22	48
Females:											
6-11.....	0.7	116	50	29	† 2	† 2	9	† 9	† 8	9	27
12-19.....	0.6	115	59	47	† 5	† 3	† 11	† 4	† *	† 6	26
20-39.....	1.5	144	55	25	† 7	† 5	21	† 8	† 6	† 11	† 32
40-59.....	0.5	177	45	† 12	† 15	† 14	26	12	† 5	15	46
60 and over.....	0.4	172	40	† 10	† 20	† 6	22	† 10	† 12	† 10	† 51
20 and over.....	2.5	156	50	19	11	7	22	9	7	12	39
All individuals.....	7.9	145	55	27	† 9	5	17	6	8	12	33
Not participating:											
Males and females:											
1-2.....	0.4	85	32	16	† 3	† 5	12	1	6	† 14	11
3-5.....	0.7	90	37	20	† 2	† 6	8	3	9	10	15
5 and under ‡ .....	1.2	85	32	17	2	7	9	2	8	11	14
Males:											
6-11.....	0.5	99	39	29	† 2	† 1	13	† 6	† 2	† 8	† 28
12-19.....	0.7	188	95	54	† 9	† 4	28	† 16	† 2	† 15	20
20-39.....	1.7	225	101	52	† 8	† 3	40	15	7	5	47
40-59.....	0.6	229	70	29	† 8	† 4	41	12	† 12	17	66
60 and over.....	0.7	205	58	8	15	10	32	7	17	11	55
20 and over.....	3.0	221	84	37	9	5	38	13	10	9	53
Females:											
6-11.....	0.6	107	50	32	† 5	† 3	† 14	† 7	† 8	† 12	8
12-19.....	0.8	150	71	30	† 5	† 2	20	† 11	† 6	† 14	21
20-39.....	1.9	163	50	19	† 8	6	33	14	11	7	33
40-59.....	0.8	171	48	13	15	† 6	24	12	† 7	9	50
60 and over.....	1.7	192	49	† 6	22	9	22	8	13	13	56
20 and over.....	4.3	176	50	13	15	7	27	11	11	10	45
All individuals.....	11.1	170	61	25	10	6	26	10	9	10	38

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 27B.--Vegetables: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i>											
Participating:											
Males and females:											
1-2.....	0.6	74.5	47.7	35.3	8.2	7.2	24.1	† 4.3	8.5	13.6	23.0
3-5.....	0.8	83.5	45.3	32.7	† 3.7	† 5.6	31.7	11.5	10.1	20.3	28.4
5 and under ‡ .....	1.6	75.0	41.6	29.7	5.1	7.4	24.6	7.4	9.6	15.9	25.2
Males:											
6-11.....	0.5	79.3	44.1	38.1	† .8	† 11.7	44.5	19.6	11.7	† 10.1	37.8
12-19.....	0.8	77.3	47.2	37.3	† 3.4	† 3.7	35.1	16.7	† 10.1	† 6.3	33.9
20-39.....	0.7	78.3	49.1	41.0	† 15.3	† 6.2	48.5	† 19.5	† 5.0	† 5.5	47.9
40-59.....	0.4	74.5	28.8	† 12.4	† 1.8	† 5.3	25.0	15.6	† 8.7	17.4	50.8
60 and over.....	0.2	71.9	42.9	† 11.5	† 8.1	† 10.1	26.4	† 11.6	† 8.7	† 7.3	26.1
20 and over.....	1.3	76.3	42.1	28.6	† 10.3	6.4	38.5	† 17.4	6.6	9.3	46.1
Females:											
6-11.....	0.7	77.6	54.3	37.0	† 3.7	† 7.3	31.7	† 15.2	† 13.4	11.1	26.6
12-19.....	0.6	68.7	40.7	37.1	† 4.3	† 5.5	29.5	† 10.0	† .9	† 6.7	33.3
20-39.....	1.5	76.0	40.5	28.1	† 5.4	† 5.6	40.2	14.9	† 5.8	12.2	34.4
40-59.....	0.5	78.1	29.2	12.8	† 8.0	11.7	35.6	23.6	† 5.8	14.4	40.7
60 and over.....	0.4	76.4	33.7	† 7.5	† 10.4	† 8.5	27.5	15.9	17.0	14.0	34.7
20 and over.....	2.5	76.5	36.8	21.2	6.8	7.4	36.9	17.0	7.7	13.0	35.9
All individuals.....	7.9	76.0	41.9	29.3	5.8	7.0	34.0	14.6	8.4	11.5	34.3
Not participating:											
Males and females:											
1-2.....	0.4	74.0	43.0	28.2	† 3.4	6.5	28.5	6.3	9.5	17.4	19.1
3-5.....	0.7	78.3	47.4	34.7	† 5.7	8.1	31.6	11.6	14.0	14.2	24.5
5 and under ‡ .....	1.2	73.8	42.1	29.4	4.3	8.7	27.5	8.6	11.9	14.4	21.9
Males:											
6-11.....	0.5	82.8	44.0	37.5	† 5.0	† 4.7	45.2	† 14.7	† 3.2	† 9.5	39.8
12-19.....	0.7	85.2	58.3	47.0	† 6.0	† 7.4	50.2	29.6	† 2.7	† 10.7	29.9
20-39.....	1.7	81.4	50.4	35.4	† 5.5	5.4	47.0	21.6	† 4.1	4.5	43.1
40-59.....	0.6	82.1	36.3	21.7	† 4.0	† 6.6	49.1	22.5	† 6.7	11.7	48.6
60 and over.....	0.7	78.1	36.0	9.2	13.4	9.7	30.8	14.0	14.7	12.0	37.8
20 and over.....	3.0	80.7	44.1	26.3	7.1	6.7	43.5	19.9	7.2	7.8	42.9
Females:											
6-11.....	0.6	86.4	56.8	44.6	† 5.8	† 6.5	41.7	17.8	† 9.9	14.7	28.0
12-19.....	0.8	80.6	54.3	36.3	† 2.6	† 5.2	38.7	24.4	† 5.2	† 10.8	33.9
20-39.....	1.9	79.8	40.6	24.3	7.9	11.1	37.9	24.6	9.5	6.7	35.8
40-59.....	0.8	77.2	37.1	16.3	10.6	9.0	38.1	25.7	6.3	11.1	45.0
60 and over.....	1.7	81.7	34.2	6.2	14.2	8.8	29.2	16.1	14.4	13.3	43.3
20 and over.....	4.3	80.1	37.5	15.8	10.8	9.8	34.5	21.4	10.9	10.1	40.4
All individuals.....	11.1	80.4	43.5	25.9	7.7	8.0	38.2	19.8	8.7	10.2	37.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 28A.--Fruits: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent											
----- Grams -----											
Participating:											
Males and females:											
1-2.....	0.6	240	54	43	† 1	183	18	14	† 5	19	128
3-5.....	0.8	175	73	61	† 1	100	18	10	† 11	15	46
5 and under ‡ .....	1.6	188	56	46	† 1	130	17	10	† 7	17	78
Males:											
6-11.....	0.5	168	51	46	† 1	114	† 20	† 8	† 10	34	† 42
12-19.....	0.8	123	53	46	† 5	† 63	† 5	0	† 32	† 4	† 22
20-39.....	0.7	132	† 76	† 72	† 1	† 55	† 9	† 3	† 2	† 14	† 27
40-59.....	0.4	126	34	24	0	92	† 11	† 8	† 15	† 8	† 49
60 and over.....	0.2	142	40	† 37	† 4	96	† 10	† 8	† 35	† 11	† 32
20 and over.....	1.3	131	59	53	† 1	71	† 10	† 5	† 10	† 12	34
Females:											
6-11.....	0.7	165	68	58	0	97	† 17	† 6	† 8	28	38
12-19.....	0.6	98	† 61	† 56	0	38	† 7	† 1	† 6	† 7	† 16
20-39.....	1.5	110	59	55	0	50	† 7	† 10	† 7	† 11	17
40-59.....	0.5	110	44	33	† *	66	† 9	† 12	† 21	† 8	† 15
60 and over.....	0.4	156	74	† 55	† 2	78	† 17	12	† 7	† 24	† 19
20 and over.....	2.5	118	58	50	† *	59	9	10	† 10	12	17
All individuals.....	7.9	141	58	50	† 1	81	12	7	† 11	15	36
Not participating:											
Males and females:											
1-2.....	0.4	234	68	59	† 1	162	17	21	† 7	25	92
3-5.....	0.7	202	72	49	† 1	128	29	17	† 6	23	53
5 and under ‡ .....	1.2	208	64	48	† 1	142	24	17	† 6	24	71
Males:											
6-11.....	0.5	184	86	72	0	93	29	† 9	† 9	† 27	† 20
12-19.....	0.7	148	95	89	0	53	† 9	13	† *	† 7	† 23
20-39.....	1.7	150	83	74	† *	66	† 17	9	† 11	† 11	† 18
40-59.....	0.6	179	† 86	† 72	† 2	91	20	21	† 2	17	† 31
60 and over.....	0.7	120	50	40	† 2	67	7	19	† 12	20	9
20 and over.....	3.0	148	75	65	1	71	15	14	9	14	19
Females:											
6-11.....	0.6	184	85	78	† 1	94	† 23	† 11	† 7	22	† 31
12-19.....	0.8	141	50	48	† 2	85	† 12	† 12	† 18	† 21	† 22
20-39.....	1.9	162	81	67	† 1	80	† 7	12	† 20	19	22
40-59.....	0.8	131	49	40	† *	82	14	† 16	† 24	† 19	† 9
60 and over.....	1.7	161	66	52	† 2	93	20	18	† 21	18	† 15
20 and over.....	4.3	156	69	57	† 1	86	13	15	† 21	18	17
All individuals.....	11.1	161	72	61	1	87	16	14	14	18	25

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 28B.--Fruits: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent											
----- Percent -----											
Participating:											
Males and females:											
1-2.....	0.6	66.1	27.8	21.2	† 3.0	51.2	14.2	12.1	† 2.6	17.3	31.5
3-5.....	0.8	65.9	34.2	26.7	† 4.1	44.1	16.1	11.2	† 4.2	12.9	16.0
5 and under ‡ .....	1.6	64.5	27.3	21.2	3.1	48.2	14.8	10.4	† 3.0	15.5	23.4
Males:											
6-11.....	0.5	63.6	23.4	19.3	† 1.3	51.2	13.7	† 6.5	† 2.3	26.3	17.7
12-19.....	0.8	39.8	20.2	15.9	† 2.6	19.8	† 3.4	† 0.0	† 4.5	† 3.9	11.4
20-39.....	0.7	38.5	† 26.8	† 24.3	† 1.0	† 14.0	† 4.7	† 2.3	† 1.7	† 6.0	† 5.0
40-59.....	0.4	26.4	† 10.3	† 7.4	† 0.0	20.5	† 4.3	† 2.5	† 2.3	† 4.4	† 10.9
60 and over.....	0.2	40.2	23.8	† 19.0	† 1.7	26.3	† 7.3	† 4.9	† 4.8	† 5.8	† 8.7
20 and over.....	1.3	35.0	21.4	18.5	† .8	17.5	† 4.9	† 2.7	† 2.3	5.5	7.3
Females:											
6-11.....	0.7	63.8	36.7	31.9	† 0.0	44.2	14.1	† 4.7	† 4.5	23.8	12.6
12-19.....	0.6	30.1	17.4	13.7	† 0.0	17.5	† 3.6	† .7	† 1.7	† 7.5	† 4.9
20-39.....	1.5	41.0	22.6	18.2	† 0.0	23.9	† 3.8	6.6	† 3.4	† 6.3	6.4
40-59.....	0.5	37.0	17.6	14.1	† .5	24.0	† 5.6	† 8.5	† 6.6	† 7.1	† 6.1
60 and over.....	0.4	50.7	30.6	16.9	† 3.2	32.0	† 11.9	† 11.8	† 3.4	† 10.4	† 9.2
20 and over.....	2.5	41.9	22.9	17.1	† .7	25.4	5.6	8.0	4.1	7.2	6.8
All individuals.....	7.9	47.8	24.1	19.2	1.3	31.1	8.3	5.9	3.4	11.1	11.8
Not participating:											
Males and females:											
1-2.....	0.4	73.9	32.6	23.7	† 3.1	59.5	16.8	21.9	† 5.0	21.0	29.5
3-5.....	0.7	64.3	34.6	21.6	† 2.7	51.6	24.0	15.1	† 4.9	17.2	15.8
5 and under ‡ .....	1.2	67.1	31.4	20.7	† 2.6	54.5	20.6	17.0	4.6	19.1	22.5
Males:											
6-11.....	0.5	48.5	29.5	24.8	† 0.0	37.2	21.3	† 8.3	† 2.5	17.9	† 5.8
12-19.....	0.7	42.7	25.1	21.7	† 0.0	27.2	† 6.8	† 11.0	† .8	† 8.6	† 6.5
20-39.....	1.7	34.0	19.6	14.9	† .6	22.2	8.4	5.2	† 6.5	8.4	† 3.9
40-59.....	0.6	42.4	25.3	20.9	† 3.5	30.8	11.0	12.2	† 1.5	10.6	† 5.4
60 and over.....	0.7	50.2	25.7	19.1	† 3.2	30.2	4.2	16.2	6.6	10.7	† 3.4
20 and over.....	3.0	39.6	22.2	17.1	1.8	25.8	7.9	9.3	5.6	9.4	4.1
Females:											
6-11.....	0.6	69.0	30.2	26.5	† 4.0	48.2	† 16.1	† 10.7	† 4.8	21.7	† 9.3
12-19.....	0.8	43.3	16.1	14.3	† 4.5	34.9	† 8.5	† 8.8	† 5.3	14.4	† 6.1
20-39.....	1.9	48.5	27.4	19.3	† .9	29.5	† 4.6	9.2	5.9	13.2	5.8
40-59.....	0.8	47.3	22.4	15.9	† 1.5	33.9	7.3	12.2	† 8.2	12.5	† 3.5
60 and over.....	1.7	58.8	33.9	27.0	4.1	41.9	14.2	16.2	8.0	14.0	4.8
20 and over.....	4.3	52.4	29.1	21.7	2.3	35.1	8.8	12.5	7.1	13.4	5.0
All individuals.....	11.1	50.1	26.4	20.3	2.2	35.1	10.7	11.5	5.6	13.4	7.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 29A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent		Grams								
Participating:										
Males and females:										
1-2.....	0.6	450	423	408	314	82	† 1	† 3	† 15	11
3-5.....	0.8	400	365	335	218	99	† 9	8	20	12
5 and under ‡ .....	1.6	482	456	320	226	80	† 5	5	16	10
Males:										
6-11.....	0.5	446	407	325	197	† 89	† 15	† *	23	15
12-19.....	0.8	393	360	306	187	† 110	† 3	0	† 13	11
20-39.....	0.7	† 330	† 246	173	† 102	† 70	0	† 1	† 65	† 12
40-59.....	0.4	179	130	126	71	† 37	† 1	0	† 22	† 23
60 and over.....	0.2	201	171	154	† 59	68	† 11	† 5	† 13	11
20 and over.....	1.3	268	201	156	87	† 60	† 2	† 1	† 45	15
Females:										
6-11.....	0.7	388	350	299	187	83	† 1	† 5	† 26	10
12-19.....	0.6	285	226	196	† 156	35	0	† 3	38	13
20-39.....	1.5	161	137	124	89	29	† 4	† 3	† 10	11
40-59.....	0.5	176	146	138	66	51	† 16	† 2	14	10
60 and over.....	0.4	164	140	113	† 37	59	† 14	† 14	† 15	† 7
20 and over.....	2.5	165	139	125	75	39	† 8	† 4	12	10
All individuals.....	7.9	316	278	221	142	65	5	3	22	12
Not participating:										
Males and females:										
1-2.....	0.4	513	493	466	332	117	† 9	† 3	11	8
3-5.....	0.7	413	378	347	201	89	† 44	† 1	24	10
5 and under ‡ .....	1.2	478	452	361	232	93	† 27	† 2	17	8
Males:										
6-11.....	0.5	411	368	314	169	114	† 5	† 2	† 34	8
12-19.....	0.7	342	296	234	121	† 65	† 36	† 3	† 25	20
20-39.....	1.7	268	220	203	80	81	† 34	† 2	† 22	23
40-59.....	0.6	232	185	159	73	61	† 13	† 2	† 31	12
60 and over.....	0.7	223	184	173	67	85	19	† 1	22	8
20 and over.....	3.0	250	205	187	76	78	26	† 2	24	17
Females:										
6-11.....	0.6	345	311	258	151	61	† 13	0	17	16
12-19.....	0.8	235	203	180	94	60	† 25	† 2	† 12	† 16
20-39.....	1.9	200	168	147	65	52	† 24	† 4	15	14
40-59.....	0.8	187	150	122	61	38	† 17	† 15	† 19	16
60 and over.....	1.7	200	168	152	43	62	42	† 4	20	9
20 and over.....	4.3	198	165	145	56	54	30	† 6	18	12
All individuals.....	11.1	272	235	202	97	69	27	3	20	14

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 29B.--Milk and milk products: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<hr/>										
<i>Percent</i> ----- <i>Percent</i> -----										
Participating:										
Males and females:										
1-2.....	0.6	88.9	85.5	83.9	63.0	19.3	↑ 0.7	↑ 1.8	13.4	30.0
3-5.....	0.8	89.9	86.0	84.1	60.0	23.6	↑ 3.5	4.3	17.8	32.4
5 and under ‡ .....	1.6	90.5	87.4	73.3	53.7	18.9	↑ 2.0	2.9	13.8	27.6
Males:										
6-11.....	0.5	↑ 91.0	85.1	77.4	50.0	21.7	↑ 5.0	↑ 1.1	20.8	31.7
12-19.....	0.8	82.1	64.1	56.0	39.5	↑ 19.6	↑ .5	↑ 0.0	↑ 7.6	27.8
20-39.....	0.7	58.5	47.6	45.0	↑ 27.2	16.3	↑ 0.0	↑ .5	↑ 17.5	19.7
40-59.....	0.4	58.9	36.2	36.2	21.7	↑ 9.2	↑ .7	↑ 0.0	↑ 8.8	26.2
60 and over.....	0.2	65.0	53.2	50.5	21.7	22.5	↑ 4.5	↑ 2.2	↑ 8.7	22.8
20 and over.....	1.3	59.4	44.8	43.0	24.8	14.9	↑ .8	↑ .6	↑ 13.7	22.1
Females:										
6-11.....	0.7	↑ 92.2	86.3	84.0	61.1	25.0	↑ .9	↑ 2.7	↑ 18.6	20.0
12-19.....	0.6	67.1	48.6	43.1	32.4	↑ 11.2	↑ 0.0	↑ 1.3	20.6	24.0
20-39.....	1.5	60.5	44.2	40.1	27.1	10.1	↑ .8	↑ 1.9	↑ 4.6	28.2
40-59.....	0.5	64.7	48.1	45.9	23.9	14.6	↑ 3.2	↑ 1.9	8.1	22.5
60 and over.....	0.4	74.2	64.6	59.8	18.5	24.5	↑ 10.3	↑ 4.8	↑ 13.5	↑ 16.8
20 and over.....	2.5	63.8	48.6	44.8	24.9	13.6	3.0	↑ 2.4	7.0	25.0
All individuals.....	7.9	74.9	63.2	56.9	37.6	16.8	1.9	1.8	12.4	25.3
Not participating:										
Males and females:										
1-2.....	0.4	93.4	89.5	86.9	63.4	21.3	↑ 2.1	↑ 2.1	10.7	25.3
3-5.....	0.7	92.6	85.1	82.7	55.9	24.9	↑ 5.1	↑ .8	20.0	28.1
5 and under ‡ .....	1.2	92.0	86.6	77.2	53.7	21.7	↑ 3.5	↑ 1.3	14.7	24.3
Males:										
6-11.....	0.5	↑ 91.0	84.0	76.9	44.7	33.7	↑ 2.1	↑ 1.2	19.5	20.4
12-19.....	0.7	77.5	62.0	55.4	35.7	↑ 13.7	↑ 4.5	↑ .7	↑ 9.4	38.6
20-39.....	1.7	67.5	47.3	43.5	20.1	15.8	↑ 5.3	↑ .8	10.7	37.1
40-59.....	0.6	60.7	45.3	42.5	19.3	15.2	↑ 3.7	↑ 1.3	11.8	19.6
60 and over.....	0.7	73.9	58.4	55.7	20.9	27.7	7.0	↑ .4	15.0	18.3
20 and over.....	3.0	67.7	49.6	46.3	20.1	18.6	5.4	↑ .8	12.0	29.0
Females:										
6-11.....	0.6	84.1	77.7	67.3	42.4	20.6	↑ 4.8	↑ 0.0	14.1	30.4
12-19.....	0.8	71.4	55.4	49.6	25.1	18.2	↑ 6.5	↑ .9	↑ 7.1	34.1
20-39.....	1.9	69.6	52.8	48.3	22.3	14.8	7.2	↑ 2.0	8.3	29.7
40-59.....	0.8	73.3	54.7	49.7	23.1	16.5	↑ 7.1	↑ 5.9	12.6	34.5
60 and over.....	1.7	79.4	67.8	64.3	23.3	26.9	13.0	↑ 2.5	15.2	16.0
20 and over.....	4.3	74.1	59.1	54.8	22.8	19.9	9.5	2.9	11.8	25.1
All individuals.....	11.1	75.7	61.6	56.4	28.5	19.9	6.6	1.6	12.2	27.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 30A.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
<i>Percent</i> ----- <i>Grams</i> -----											
Participating:											
Males and females:											
1-2.....	0.6	104	12	6	0.0	† *	20	15	14	† 5	45
3-5.....	0.8	124	12	6	0	† *	29	21	20	† 3	50
5 and under ‡ .....	1.6	104	11	5	† *	† *	23	17	16	† 3	43
Males:											
6-11.....	0.5	169	18	† 9	† 1	0	29	25	25	† 17	70
12-19.....	0.8	285	† 40	† 18	0	0	† 48	39	30	† 14	122
20-39.....	0.7	377	† 96	† 14	† *	† 4	45	33	† 26	† 27	155
40-59.....	0.4	257	18	† 21	0	† 6	58	† 49	† 45	† 7	97
60 and over.....	0.2	207	† 24	21	0	† 4	26	34	33	† 6	86
20 and over.....	1.3	319	† 63	17	† *	† 5	46	38	32	† 18	129
Females:											
6-11.....	0.7	146	† 27	† 10	† *	† 1	14	22	15	† 7	59
12-19.....	0.6	162	14	† 6	0	† *	23	† 21	† 21	† 5	93
20-39.....	1.5	207	17	17	† 1	† *	24	31	26	† 11	99
40-59.....	0.5	179	19	18	† 1	0	24	31	28	† 9	76
60 and over.....	0.4	135	† 13	12	† 1	† 2	† 18	27	23	† 11	† 48
20 and over.....	2.5	189	17	16	† 1	† *	23	30	26	11	85
All individuals.....	7.9	195	26	12	† *	† 1	29	28	24	11	84
Not participating:											
Males and females:											
1-2.....	0.4	102	7	7	† *	0	17	18	16	† 6	46
3-5.....	0.7	121	18	7	† *	† 1	21	16	14	† 5	53
5 and under ‡ .....	1.2	104	12	6	† *	† *	17	15	14	† 5	47
Males:											
6-11.....	0.5	144	† 15	† 8	0	0	30	19	17	† 1	70
12-19.....	0.7	232	26	† 19	† *	0	19	35	33	† 12	116
20-39.....	1.7	287	39	16	† 1	0	22	37	32	12	155
40-59.....	0.6	250	43	† 33	† 2	† 2	28	21	20	† 11	103
60 and over.....	0.7	190	19	18	† 2	† *	22	18	18	† 16	89
20 and over.....	3.0	256	35	20	2	† *	23	29	26	13	129
Females:											
6-11.....	0.6	155	† 19	† 5	0	† 1	24	† 13	† 12	† 7	84
12-19.....	0.8	195	22	9	0	0	† 18	24	20	† 8	110
20-39.....	1.9	187	23	15	0	0	19	19	18	† 17	91
40-59.....	0.8	184	20	8	† 1	0	17	27	24	13	94
60 and over.....	1.7	120	10	9	† 1	† 1	12	24	18	8	54
20 and over.....	4.3	160	17	11	† *	† *	16	22	19	13	77
All individuals.....	11.1	186	22	13	1	† *	20	24	21	11	92

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 30B.--Meat, poultry, and fish: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent							Percent			
Participating:											
Males and females:											
1-2.....	0.6	84.9	20.3	15.0	† 0.0	† 0.3	35.4	27.4	26.0	† 6.6	33.2
3-5.....	0.8	92.5	15.9	15.5	† 0.0	† .6	43.2	28.6	27.0	† 5.3	35.0
5 and under ‡ .....	1.6	82.2	15.6	13.1	† .2	† .8	36.1	25.5	23.6	5.0	31.6
Males:											
6-11.....	0.5	88.3	19.4	† 11.5	† .8	† 0.0	40.4	26.0	24.6	† 9.8	33.4
12-19.....	0.8	86.8	26.6	22.3	† 0.0	† 0.0	36.7	22.0	18.7	† 5.9	32.4
20-39.....	0.7	† 90.8	37.1	11.5	† 1.3	† 1.0	49.5	19.2	† 14.7	† 12.2	42.0
40-59.....	0.4	87.0	12.6	18.6	† 0.0	† 7.3	40.9	20.5	18.1	† 5.3	24.6
60 and over.....	0.2	† 94.7	23.0	32.8	† 0.0	† 3.1	32.3	31.7	30.3	† 4.7	28.1
20 and over.....	1.3	90.1	27.9	16.3	† .8	† 3.2	44.7	21.1	17.7	† 9.1	35.0
Females:											
6-11.....	0.7	† 93.5	21.9	18.8	† .6	† .8	30.4	25.4	19.2	† 6.7	39.3
12-19.....	0.6	80.9	18.2	† 9.7	† 0.0	† 1.0	35.1	† 16.0	† 16.0	† 3.4	36.9
20-39.....	1.5	86.2	17.4	17.1	† 1.0	† .4	29.6	21.7	18.7	6.9	38.5
40-59.....	0.5	82.8	22.1	26.3	† .5	† 0.0	30.0	25.3	23.3	† 5.7	23.8
60 and over.....	0.4	83.1	17.6	25.5	† 1.3	† 1.7	19.8	28.2	25.9	† 8.0	17.4
20 and over.....	2.5	84.9	18.5	20.6	† 1.0	† .6	28.0	23.7	20.9	6.8	31.6
All individuals.....	7.9	86.1	20.5	17.0	† .6	† 1.0	34.8	23.2	20.5	6.7	33.4
Not participating:											
Males and females:											
1-2.....	0.4	79.8	15.5	15.4	† .4	† 0.0	29.8	26.6	24.6	5.5	34.8
3-5.....	0.7	87.8	23.9	13.2	† .6	† .6	36.2	22.2	20.3	† 5.5	33.1
5 and under ‡ .....	1.2	78.8	18.5	12.7	† .5	† .3	30.3	22.3	20.1	5.0	32.4
Males:											
6-11.....	0.5	86.8	19.3	16.4	† 0.0	† 0.0	41.3	25.1	20.7	† .7	38.4
12-19.....	0.7	87.8	23.9	22.9	† .5	† 0.0	24.1	29.6	25.8	† 7.9	34.3
20-39.....	1.7	86.5	24.4	18.7	† .4	† 0.0	26.2	26.8	23.2	6.5	40.0
40-59.....	0.6	94.4	29.1	32.7	† 1.3	† 1.2	31.5	14.6	13.4	8.1	27.4
60 and over.....	0.7	88.6	18.3	26.4	† 2.9	† 1.4	32.9	17.7	16.9	9.4	28.3
20 and over.....	3.0	88.6	23.8	23.4	† 1.2	† .6	28.9	22.2	19.7	7.5	34.6
Females:											
6-11.....	0.6	† 93.0	20.3	11.9	† 0.0	† 1.1	33.0	16.1	14.8	† 8.4	45.6
12-19.....	0.8	87.6	26.8	17.3	† 0.0	† 0.0	25.1	28.6	20.8	† 7.3	35.0
20-39.....	1.9	82.6	21.6	19.8	† 0.0	† 0.0	25.5	17.9	16.7	† 6.9	34.3
40-59.....	0.8	87.8	19.4	16.2	† .6	† 0.0	22.2	26.9	22.5	10.6	32.6
60 and over.....	1.7	84.1	13.6	20.8	† 1.4	† .9	24.8	25.2	21.8	7.1	26.3
20 and over.....	4.3	84.1	18.0	19.6	† .7	† .4	24.7	22.3	19.7	7.6	30.9
All individuals.....	11.1	85.8	20.8	19.3	† .7	† .4	27.6	23.0	20.0	7.0	33.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 31A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
Participating:										
Males and females:										
1-2.....	0.6	20	16	2	3	1	1	14	† 1	3
3-5.....	0.8	18	10	4	4	2	2	27	1	7
5 and under ‡ .....	1.6	17	17	3	3	1	2	19	1	4
Males:										
6-11.....	0.5	12	† 37	5	8	† 3	5	35	1	11
12-19.....	0.8	33	† 16	† 5	8	† 1	6	25	2	† 10
20-39.....	0.7	40	† 35	7	† 32	† 15	† 7	† 57	7	† 5
40-59.....	0.4	20	† 38	† 5	11	† 5	3	24	† 15	† 2
60 and over.....	0.2	26	† 42	† 3	10	† 4	† 4	15	† 7	† 5
20 and over.....	1.3	32	37	6	† 23	† 11	5	† 42	9	† 4
Females:										
6-11.....	0.7	19	18	† 2	7	1	† 5	34	† 2	7
12-19.....	0.6	16	† 27	† 1	6	† 2	† 4	20	3	8
20-39.....	1.5	18	21	† 3	10	3	7	14	6	† 3
40-59.....	0.5	19	17	† 2	13	3	7	24	7	6
60 and over.....	0.4	24	† 15	† 1	10	2	† 7	20	4	† 2
20 and over.....	2.5	19	19	† 2	11	3	7	17	6	3
All individuals.....	7.9	22	23	3	10	† 3	5	25	4	6
Not participating:										
Males and females:										
1-2.....	0.4	19	15	3	2	1	1	15	*	† 3
3-5.....	0.7	13	10	5	4	2	2	22	1	† 6
5 and under ‡ .....	1.2	15	26	4	3	1	1	17	1	4
Males:										
6-11.....	0.5	18	† 11	† 7	5	1	4	31	† 3	† 12
12-19.....	0.7	† 33	† 39	† 3	14	† 3	11	29	3	† 8
20-39.....	1.7	40	53	† 5	12	4	8	28	5	† 11
40-59.....	0.6	44	48	† 5	15	5	7	23	7	† 7
60 and over.....	0.7	31	38	† 1	9	4	4	18	5	† 2
20 and over.....	3.0	39	48	4	12	4	7	25	5	8
Females:										
6-11.....	0.6	18	† 15	† 5	6	2	† 4	38	† 1	† 13
12-19.....	0.8	19	† 16	† 3	9	2	6	40	† 3	† 7
20-39.....	1.9	23	28	† 3	12	2	8	19	7	4
40-59.....	0.8	25	27	† 1	13	3	9	19	5	† 6
60 and over.....	1.7	15	† 25	† 1	9	4	4	15	3	† 2
20 and over.....	4.3	20	27	† 2	11	3	6	18	5	4
All individuals.....	11.1	25	31	3	10	3	6	23	4	6

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 31B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>									
Participating:										
Males and females:										
1-2.....	0.6	35.2	14.7	13.0	31.7	19.6	14.0	42.6	13.1	12.2
3-5.....	0.8	25.4	10.1	21.4	37.3	22.4	17.9	53.6	15.5	16.4
5 and under ‡ .....	1.6	27.5	11.4	15.5	30.9	18.7	14.4	43.6	12.6	12.6
Males:										
6-11.....	0.5	20.0	17.9	13.7	47.8	26.0	29.6	56.1	19.5	22.2
12-19.....	0.8	28.4	† 11.6	† 7.7	36.0	† 15.0	22.9	39.3	16.8	15.4
20-39.....	0.7	33.2	16.1	† 5.7	50.9	31.0	22.3	47.8	36.6	† 7.8
40-59.....	0.4	21.9	† 12.8	† 9.6	38.0	19.1	17.5	44.9	30.8	† 8.9
60 and over.....	0.2	32.0	† 15.6	† 6.4	46.8	30.1	20.9	60.7	42.6	† 6.5
20 and over.....	1.3	29.6	15.0	† 7.0	46.4	27.2	20.7	48.5	35.6	8.0
Females:										
6-11.....	0.7	23.2	18.8	† 7.7	40.4	17.4	26.2	53.6	18.3	18.2
12-19.....	0.6	21.3	15.1	† 3.2	38.1	13.5	21.1	42.4	23.2	19.3
20-39.....	1.5	22.1	15.1	† 1.8	48.9	22.3	24.9	50.2	36.7	† 6.9
40-59.....	0.5	26.4	14.7	† 6.2	56.7	31.8	29.8	58.9	45.6	13.5
60 and over.....	0.4	34.4	† 12.7	† 8.7	63.2	37.0	23.5	66.6	49.4	† 10.3
20 and over.....	2.5	25.2	14.6	4.0	53.1	27.0	25.7	54.9	40.9	9.0
All individuals.....	7.9	25.9	14.3	8.1	43.3	22.3	22.3	49.2	27.2	12.6
Not participating:										
Males and females:										
1-2.....	0.4	31.3	14.0	13.5	30.5	24.3	10.5	38.3	8.7	11.8
3-5.....	0.7	23.1	12.4	13.0	38.9	24.7	20.3	50.8	18.5	16.6
5 and under ‡ .....	1.2	25.0	13.8	11.9	32.5	22.6	14.7	41.5	13.4	13.2
Males:										
6-11.....	0.5	28.2	13.5	17.5	43.2	23.6	25.3	59.0	19.8	21.8
12-19.....	0.7	23.9	16.0	† 6.6	50.1	† 17.3	37.4	45.7	20.6	14.2
20-39.....	1.7	27.6	20.3	6.6	41.4	19.8	25.9	43.7	23.7	14.4
40-59.....	0.6	38.7	20.7	8.0	54.6	37.7	21.3	55.3	37.1	12.7
60 and over.....	0.7	38.0	16.2	† 5.4	53.1	36.5	18.5	55.1	40.9	5.0
20 and over.....	3.0	32.3	19.4	6.6	46.9	27.4	23.2	48.8	30.6	11.8
Females:										
6-11.....	0.6	21.8	† 12.9	17.4	40.5	26.3	17.9	57.6	† 11.9	27.0
12-19.....	0.8	19.3	14.8	† 4.7	43.3	23.3	25.9	40.9	15.0	12.8
20-39.....	1.9	23.2	20.1	† 5.8	46.1	23.5	24.7	53.1	33.5	10.9
40-59.....	0.8	30.9	17.3	† 4.0	51.8	30.5	30.0	60.9	44.7	11.5
60 and over.....	1.7	21.4	10.7	7.3	57.5	37.2	20.5	55.6	40.2	7.4
20 and over.....	4.3	23.8	15.9	6.1	51.6	30.1	24.0	55.5	38.1	9.6
All individuals.....	11.1	26.0	16.3	7.9	46.6	26.8	23.4	50.8	28.4	12.6

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 32A.--Beverages: Mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households,  
1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i> ----- <i>Grams</i> -----														
Participating:														
Males and females:														
1-2.....	0.6	197	0.0	0.0	0.0	197	† 1	20	125	108	† 12	51	48	† 3
3-5.....	0.8	263	0	0	0	263	† 1	11	152	143	† 9	100	92	† 7
5 and under ‡ .....	1.6	209	0	0	0	209	† 1	13	126	113	11	69	64	† 5
Males:														
6-11.....	0.5	376	0	0	0	376	† 3	† 18	164	153	† 8	191	190	† 1
12-19.....	0.8	860	† 14	0	† 14	846	† 21	† 149	217	202	† 15	453	443	† 8
20-39.....	0.7	1,254	† 201	0	† 200	1,053	287	† 118	† 87	† 82	† 6	554	532	† 19
40-59.....	0.4	1,272	† 159	0	† 156	1,112	453	† 139	† 257	† 247	† 10	262	232	† 30
60 and over.....	0.2	875	† 81	0	† 74	794	400	215	† 71	† 63	† 8	109	† 71	† 38
20 and over.....	1.3	1,212	† 173	0	† 171	1,039	352	† 137	† 137	† 130	† 7	409	383	† 25
Females:														
6-11.....	0.7	278	0	0	0	278	† 1	† 12	128	117	† 11	137	132	† 2
12-19.....	0.6	630	† 3	0	0	626	† 24	† 103	195	176	† 19	301	298	† 3
20-39.....	1.5	1,027	† 72	† 6	† 60	955	198	134	121	109	† 12	503	456	† 45
40-59.....	0.5	1,084	† 40	† 15	† 22	1,044	445	193	† 128	† 107	† 21	276	207	† 70
60 and over.....	0.4	657	0	0	0	657	335	† 137	† 81	† 75	† 5	101	66	† 35
20 and over.....	2.5	975	† 52	† 7	† 41	923	276	147	115	103	† 13	383	333	49
All individuals.....	7.9	719	46	† 2	42	673	147	94	141	129	12	289	267	21
Not participating:														
Males and females:														
1-2.....	0.4	176	0	0	0	176	0	28	91	83	† 3	56	53	† 2
3-5.....	0.7	252	0	0	0	252	† 2	† 35	118	116	† 1	97	93	† 4
5 and under ‡ .....	1.2	200	0	0	0	200	† 1	29	97	94	† 2	73	69	† 3
Males:														
6-11.....	0.5	407	0	0	0	407	† 5	† 30	184	175	† 9	188	187	† *
12-19.....	0.7	1,166	† 77	† 2	† 58	1,089	† 45	132	260	222	† 18	652	637	† 15
20-39.....	1.7	1,459	† 457	† 3	† 434	1,002	214	134	160	119	† 41	491	438	† 52
40-59.....	0.6	1,328	230	† 7	212	1,098	539	167	69	† 45	† 21	313	248	† 66
60 and over.....	0.7	774	42	† 2	37	733	445	111	44	40	† 3	132	85	47
20 and over.....	3.0	1,266	311	† 4	† 293	956	335	135	114	85	† 27	368	314	54
Females:														
6-11.....	0.6	446	0	0	0	446	0	† 47	173	170	† 4	225	216	† 10
12-19.....	0.8	615	† 9	† 2	† 8	605	† 17	† 75	120	110	† 10	394	352	† 42
20-39.....	1.9	883	† 50	† 4	† 42	834	235	132	101	98	† 3	364	292	72
40-59.....	0.8	924	† 14	† 8	† 5	909	386	151	76	59	† 12	296	204	92
60 and over.....	1.7	579	† 3	† *	† 2	576	295	126	50	45	† 5	103	74	30
20 and over.....	4.3	771	† 25	† 3	† 20	745	285	133	77	71	† 5	249	191	59
All individuals.....	11.1	820	99	3	90	721	206	109	113	99	12	292	250	42

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 32B.--Beverages: Percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<hr/>														
<i>Percent</i> ----- <i>Percent</i> -----														
Participating:														
Males and females:														
1-2.....	0.6	60.1	† 0.0	† 0.0	† 0.0	60.1	† 0.7	8.2	38.9	35.4	† 3.0	25.6	24.4	† 1.2
3-5.....	0.8	71.7	† 0.0	† 0.0	† 0.0	71.7	† 1.1	4.5	45.7	43.0	† 3.4	35.3	33.5	† 3.0
5 and under ‡ .....	1.6	59.5	† 0.0	† 0.0	† 0.0	59.5	† .8	5.3	38.7	35.1	3.7	27.1	25.7	† 2.0
Males:														
6-11.....	0.5	71.8	† 0.0	† 0.0	† 0.0	71.8	† 2.5	† 3.8	45.8	43.5	† 1.8	43.9	43.4	† .5
12-19.....	0.8	84.2	† .7	† 0.0	† .7	84.2	† 9.0	† 10.8	34.3	32.2	† 2.8	60.5	59.4	† 1.5
20-39.....	0.7	† 91.7	11.5	† 0.0	† 10.9	† 89.4	39.7	† 17.1	11.4	† 9.5	† 1.8	67.0	63.3	† 3.2
40-59.....	0.4	84.7	† 9.4	† 0.0	† 9.4	82.7	50.5	† 9.2	† 20.8	† 19.1	† 1.7	29.9	26.4	† 3.5
60 and over.....	0.2	† 93.1	† 6.8	† 0.0	† 3.6	† 93.1	61.6	27.0	17.9	† 16.8	† 1.2	24.1	† 14.5	† 9.6
20 and over.....	1.3	89.8	10.3	† 0.0	9.5	87.8	45.7	† 15.9	15.1	13.4	† 1.7	50.3	46.0	† 4.1
Females:														
6-11.....	0.7	67.2	† 0.0	† 0.0	† 0.0	67.2	† 1.0	† 5.9	32.1	29.2	† 2.9	37.9	37.2	† 1.1
12-19.....	0.6	85.7	† 2.8	† 0.0	† 0.0	85.7	† 9.2	† 11.9	44.1	40.5	† 3.6	50.6	49.8	† .8
20-39.....	1.5	89.8	7.2	† 1.1	† 5.3	89.3	30.5	23.4	25.7	23.8	† 1.9	62.7	56.7	† 5.6
40-59.....	0.5	92.1	† 5.2	† 2.4	† 2.9	90.0	59.5	22.3	14.0	12.9	† 1.6	42.7	33.1	9.6
60 and over.....	0.4	† 91.9	† 0.0	† 0.0	† 0.0	† 91.9	68.9	22.5	† 18.8	† 17.1	† .9	27.2	17.7	† 9.5
20 and over.....	2.5	90.7	5.5	† 1.2	3.9	90.0	43.6	23.0	22.0	20.3	† 1.7	52.1	44.7	7.2
All individuals.....	7.9	79.8	3.6	† .4	2.8	79.3	22.9	13.5	29.6	27.2	† 2.5	45.6	42.1	3.6
Not participating:														
Males and females:														
1-2.....	0.4	56.3	† 0.0	† 0.0	† 0.0	56.3	† 0.0	10.4	33.8	30.7	† 2.0	25.6	24.3	† 1.3
3-5.....	0.7	67.9	† 0.0	† 0.0	† 0.0	67.9	† 2.1	9.5	38.2	37.5	† .7	36.0	33.8	† 2.3
5 and under ‡ .....	1.2	57.7	† 0.0	† 0.0	† 0.0	57.7	† 1.1	8.9	33.4	31.9	† 1.1	28.8	27.2	† 1.7
Males:														
6-11.....	0.5	78.0	† 0.0	† 0.0	† 0.0	78.0	† 2.2	† 11.2	39.4	37.5	† 1.8	45.3	44.2	† 1.1
12-19.....	0.7	† 91.2	† 5.1	† 1.4	† 3.6	† 89.5	† 12.6	18.5	33.6	26.6	† 5.0	66.0	64.5	† 3.2
20-39.....	1.7	91.6	22.8	† 1.5	20.2	88.1	28.8	17.0	21.2	17.8	4.1	63.8	57.9	6.0
40-59.....	0.6	89.8	16.4	† 1.1	10.7	85.4	55.0	18.8	12.5	† 8.6	† 2.6	50.0	43.5	6.5
60 and over.....	0.7	93.0	5.9	† .9	† 3.1	91.1	70.3	20.3	12.0	11.0	† 1.0	27.8	17.9	9.9
20 and over.....	3.0	91.6	17.4	† 1.3	14.1	88.3	44.1	18.1	17.2	14.3	3.1	52.3	45.3	7.1
Females:														
6-11.....	0.6	78.1	† 0.0	† 0.0	† 0.0	78.1	† 0.0	† 7.3	36.0	35.5	† .5	46.5	45.5	† 4.0
12-19.....	0.8	89.3	† 3.3	† 1.2	† 2.1	89.3	† 5.9	16.5	26.7	23.7	† 3.0	67.3	62.8	† 9.7
20-39.....	1.9	88.1	† 4.7	† 1.8	† 3.5	86.8	35.9	20.5	18.2	17.9	† 1.1	55.1	47.1	11.5
40-59.....	0.8	92.6	† 3.1	† 1.9	† 1.0	92.6	63.7	29.3	21.0	16.5	† 3.3	50.0	38.7	14.3
60 and over.....	1.7	87.3	† 1.6	† .6	† .5	87.0	66.8	27.5	13.9	12.4	† 1.5	26.0	17.8	8.5
20 and over.....	4.3	88.6	3.2	† 1.3	† 1.9	87.9	52.9	24.8	17.0	15.5	† 1.6	42.8	34.1	10.8
All individuals.....	11.1	85.1	6.5	1.0	4.9	83.9	34.0	18.8	22.6	20.3	2.2	47.2	41.3	7.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



**Table 33A.--Grain group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Participating:				
Males:				
2-5.....	0.7	6.2	0.8	5.4
6-11.....	0.6	6.9	.8	6.2
12-19.....	0.8	8.6	1.0	7.6
20-39.....	0.8	12.1	.7	11.4
40-59.....	0.4	7.0	† .6	6.4
60 and over.....	0.2	4.8	.6	4.2
20 and over.....	1.4	9.8	.7	9.1
Females:				
2-5.....	0.5	5.9	.7	5.2
6-11.....	0.7	5.6	.5	5.1
12-19.....	0.6	6.0	.8	5.2
20-39.....	1.5	5.5	.5	5.1
40-59.....	0.6	4.8	.5	4.3
60 and over.....	0.5	4.2	.7	3.5
20 and over.....	2.6	5.1	.5	4.6
All individuals 2 and over.....	7.8	6.7	.7	6.0
Not participating:				
Males:				
2-5.....	0.4	6.5	.9	5.6
6-11.....	0.5	6.8	.8	6.0
12-19.....	0.7	8.7	.9	7.8
20-39.....	1.7	9.1	.7	8.4
40-59.....	0.6	7.2	.8	6.4
60 and over.....	0.7	5.6	.9	4.7
20 and over.....	3.0	7.9	.8	7.1
Females:				
2-5.....	0.5	6.0	.9	5.1
6-11.....	0.5	5.3	.6	4.8
12-19.....	0.8	6.5	.7	5.8
20-39.....	1.9	5.3	.7	4.6
40-59.....	0.8	5.3	.7	4.6
60 and over.....	1.7	4.7	.8	3.8
20 and over.....	4.4	5.1	.8	4.3
All individuals 2 and over.....	11.0	6.4	.8	5.6

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 33B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
Participating:				
Males:				
2-5.....	0.7	† 0.0	52	47
6-11.....	0.6	† 1	55	37
12-19.....	0.8	† 0	75	38
20-39.....	0.8	† 0	67	49
40-59.....	0.4	† 1	55	35
60 and over.....	0.2	† 2	28	23
20 and over.....	1.4	† *	59	42
Females:				
2-5.....	0.5	† 0	45	40
6-11.....	0.7	† 1	43	34
12-19.....	0.6	† 1	45	29
20-39.....	1.5	† 1	32	24
40-59.....	0.6	† 4	24	18
60 and over.....	0.5	† 1	22	21
20 and over.....	2.6	† 2	28	22
All individuals 2 and over.....	7.8	1	46	33
Not participating:				
Males:				
2-5.....	0.4	† 1	50	48
6-11.....	0.5	† 1	57	45
12-19.....	0.7	† 1	72	41
20-39.....	1.7	† 1	71	46
40-59.....	0.6	† 1	60	40
60 and over.....	0.7	† 1	40	37
20 and over.....	3.0	† 1	61	43
Females:				
2-5.....	0.5	† 1	44	43
6-11.....	0.5	† 0	30	25
12-19.....	0.8	† 0	47	39
20-39.....	1.9	† 3	31	25
40-59.....	0.8	† 2	32	28
60 and over.....	1.7	† 2	26	23
20 and over.....	4.4	2	29	25
All individuals 2 and over.....	11.0	1	45	35

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 34A.—Vegetable group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<hr/>									
<i>Percent</i> <span style="float:right"><i>Servings ‡</i></span>									
<hr/>									
Participating:									
Males:									
2-5.....	0.7	2.3	0.1	0.1	0.1	1.0	0.3	0.3	0.5
6-11.....	0.6	2.4	†*	.1	.3	1.0	.2	.4	.6
12-19.....	0.8	4.0	†.2	†.1	†.3	1.8	†.2	.4	1.0
20-39.....	0.8	4.7	†.4	†.1	†.3	1.8	†.2	.6	1.4
40-59.....	0.4	3.9	†.1	.1	.5	.7	†.7	.5	1.3
60 and over.....	0.2	2.8	†.2	.2	.3	.9	.1	†.4	.8
20 and over.....	1.4	4.2	†.3	.1	.4	1.4	.3	.5	1.3
Females:									
2-5.....	0.5	2.4	†.1	.1	.1	1.1	.2	.3	.4
6-11.....	0.7	2.1	†*	.1	.1	.9	.2	.3	.5
12-19.....	0.6	2.8	.1	.1	.3	1.3	.1	.4	.5
20-39.....	1.5	2.7	.1	.1	.2	1.0	.2	.4	.7
40-59.....	0.6	2.6	†.2	.1	.2	.6	.2	.4	.9
60 and over.....	0.5	2.3	†.2	†.2	†.2	.6	†.2	.3	.7
20 and over.....	2.6	2.6	.2	.1	.2	.8	.2	.4	.8
All individuals 2 and over.....	7.8	3.0	.1	.1	.2	1.1	.2	.4	.8
Not participating:									
Males:									
2-5.....	0.4	2.3	†*	†.1	.2	.9	.2	.4	.4
6-11.....	0.5	2.2	†.1	†.1	.2	.8	.2	.3	.5
12-19.....	0.7	3.7	†.1	.1	†.3	1.7	†.2	.5	.8
20-39.....	1.7	4.6	.1	.1	.5	1.6	.2	.7	1.4
40-59.....	0.6	3.5	.1	.1	.4	1.0	.3	.6	1.0
60 and over.....	0.7	3.1	.2	.2	.3	.8	.2	.4	1.0
20 and over.....	3.0	4.0	.1	.1	.4	1.3	.2	.6	1.2
Females:									
2-5.....	0.5	2.2	.1	.1	.2	.9	.2	.3	.4
6-11.....	0.5	2.3	†.1	.1	†.2	1.0	.2	.3	.5
12-19.....	0.8	2.9	.1	†.1	.1	1.1	.2	.5	.8
20-39.....	1.9	2.8	.1	.1	.2	.9	.2	.4	.8
40-59.....	0.8	3.0	.2	.2	.2	.8	.2	.4	1.0
60 and over.....	1.7	2.5	.2	.2	.1	.6	.2	.3	.9
20 and over.....	4.4	2.7	.2	.2	.2	.8	.2	.4	.9
All individuals 2 and over.....	11.0	3.1	.1	.1	.3	1.0	.2	.5	.9

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 34B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Participating:				
Males:				
2-5.....	0.7	18	29	26
6-11.....	0.6	19	30	23
12-19.....	0.8	† 7	60	43
20-39.....	0.8	† 8	64	55
40-59.....	0.4	† 9	50	43
60 and over.....	0.2	23	39	36
20 and over.....	1.4	10	57	49
Females:				
2-5.....	0.5	17	32	31
6-11.....	0.7	28	22	19
12-19.....	0.6	† 11	41	26
20-39.....	1.5	14	31	25
40-59.....	0.6	10	36	33
60 and over.....	0.5	27	29	28
20 and over.....	2.6	16	32	27
All individuals 2 and over.....	7.8	15	39	32
Not participating:				
Males:				
2-5.....	0.4	14	30	27
6-11.....	0.5	28	24	17
12-19.....	0.7	† 8	59	38
20-39.....	1.7	8	69	56
40-59.....	0.6	16	49	39
60 and over.....	0.7	13	44	41
20 and over.....	3.0	11	59	49
Females:				
2-5.....	0.5	17	23	21
6-11.....	0.5	15	30	27
12-19.....	0.8	12	41	34
20-39.....	1.9	10	39	35
40-59.....	0.8	12	44	42
60 and over.....	1.7	10	32	32
20 and over.....	4.4	10	37	35
All individuals 2 and over.....	11.0	12	43	37

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 35A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
Participating:				
Males:				
2-5.....	0.7	1.9	0.7	1.1
6-11.....	0.6	1.5	.6	.9
12-19.....	0.8	1.5	1.0	.4
20-39.....	0.8	1.1	.6	† .4
40-59.....	0.4	1.6	.6	† 1.0
60 and over.....	0.2	1.1	† .5	.6
20 and over.....	1.4	1.2	.6	.6
Females:				
2-5.....	0.5	1.7	.8	.9
6-11.....	0.7	1.4	.7	.7
12-19.....	0.6	.9	.6	.3
20-39.....	1.5	.9	.5	.4
40-59.....	0.6	1.0	.6	.4
60 and over.....	0.5	1.4	.7	.8
20 and over.....	2.6	1.0	.5	.5
All individuals 2 and over.....	7.8	1.3	.7	.6
Not participating:				
Males:				
2-5.....	0.4	2.0	.7	1.3
6-11.....	0.5	1.2	.6	.6
12-19.....	0.7	1.1	.6	.5
20-39.....	1.7	1.1	.6	.5
40-59.....	0.6	1.6	.7	.9
60 and over.....	0.7	1.3	.6	.7
20 and over.....	3.0	1.3	.6	.6
Females:				
2-5.....	0.5	2.0	.8	1.3
6-11.....	0.5	1.3	.5	.8
12-19.....	0.8	1.2	.6	.6
20-39.....	1.9	1.4	.8	.6
40-59.....	0.8	1.2	.6	.6
60 and over.....	1.7	1.4	.7	.7
20 and over.....	4.4	1.4	.7	.6
All individuals 2 and over.....	11.0	1.3	.7	.7

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 35B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Participating:				
Males:				
2-5.....	0.7	32	37	35
6-11.....	0.6	43	27	21
12-19.....	0.8	56	21	14
20-39.....	0.8	54	15	† 9
40-59.....	0.4	64	31	† 28
60 and over.....	0.2	67	† 11	† 10
20 and over.....	1.4	58	19	15
Females:				
2-5.....	0.5	37	34	34
6-11.....	0.7	46	24	22
12-19.....	0.6	62	† 13	† 7
20-39.....	1.5	66	16	13
40-59.....	0.6	68	14	14
60 and over.....	0.5	52	28	28
20 and over.....	2.6	64	18	16
All individuals 2 and over.....	7.8	54	22	19
Not participating:				
Males:				
2-5.....	0.4	35	40	38
6-11.....	0.5	57	20	18
12-19.....	0.7	58	20	† 8
20-39.....	1.7	64	20	12
40-59.....	0.6	55	28	20
60 and over.....	0.7	54	24	22
20 and over.....	3.0	60	23	16
Females:				
2-5.....	0.5	32	47	45
6-11.....	0.5	40	14	† 13
12-19.....	0.8	57	25	18
20-39.....	1.9	55	23	21
40-59.....	0.8	63	24	23
60 and over.....	1.7	48	27	26
20 and over.....	4.4	54	25	23
All individuals 2 and over.....	11.0	54	25	21

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 36A.--Dairy group: Mean number of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

FSP participation, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
Percent		----- Servings ‡-----			
Participating:					
Males:					
2-5.....	0.7	1.8	1.5	0.3	† *
6-11.....	0.6	2.2	1.7	.5	† *
12-19.....	0.8	2.1	1.5	.6	0.0
20-39.....	0.8	2.6	1.5	1.2	† *
40-59.....	0.4	1.1	.7	.5	† *
60 and over.....	0.2	.8	.6	.1	† *
11-24.....	1.0	2.1	1.4	.6	† *
20 and over.....	1.4	2.0	1.1	.8	† *
Females:					
2-5.....	0.5	1.8	1.5	.3	† *
6-11.....	0.7	1.8	1.5	.4	† *
12-19.....	0.6	1.3	.9	.4	† *
20-39.....	1.5	1.0	.6	.4	† *
40-59.....	0.6	.9	.7	.2	† *
60 and over.....	0.5	.9	.7	† .2	† *
11-24.....	1.2	1.2	.8	.4	† *
20 and over.....	2.6	1.0	.6	.3	† *
All individuals 2 and over.....	7.8	1.6	1.1	.5	*
Not participating:					
Males:					
2-5.....	0.4	1.8	1.6	.3	† *
6-11.....	0.5	1.9	1.5	.3	† *
12-19.....	0.7	1.9	1.3	.6	† *
20-39.....	1.7	1.6	.9	.7	† *
40-59.....	0.6	1.2	.8	.4	† *
60 and over.....	0.7	1.1	.9	.2	† *
11-24.....	1.4	2.0	1.2	.8	† *
20 and over.....	3.0	1.4	.9	.5	† *
Females:					
2-5.....	0.5	1.8	1.5	.3	† *
6-11.....	0.5	1.8	1.5	.3	† *
12-19.....	0.8	1.4	.9	.5	† *
20-39.....	1.9	1.1	.7	.4	† *
40-59.....	0.8	1.0	.6	.3	† *
60 and over.....	1.7	1.0	.8	.1	† *
11-24.....	1.5	1.4	.9	.5	† *
20 and over.....	4.4	1.0	.7	.3	† *
All individuals 2 and over.....	11.0	1.4	1.0	.4	*

‡ See "appendix D" for definitions of servings.

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 36B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent		Percent	
Participating:				
Males:				
2-5.....	0.7	19	36	36
6-11.....	0.6	15	54	47
12-19.....	0.8	27	44	19
20-39.....	0.8	36	47	45
40-59.....	0.4	63	16	16
60 and over.....	0.2	66	† 7	† 7
11-24.....	1.0	29	43	19
20 and over.....	1.4	47	33	32
Females:				
2-5.....	0.5	21	38	38
6-11.....	0.7	22	41	39
12-19.....	0.6	47	20	† 6
20-39.....	1.5	58	12	9
40-59.....	0.6	67	11	11
60 and over.....	0.5	59	† 12	† 12
11-24.....	1.2	52	16	† 5
20 and over.....	2.6	61	12	10
All individuals 2 and over.....	7.8	41	29	24
Not participating:				
Males:				
2-5.....	0.4	22	35	35
6-11.....	0.5	† 14	37	33
12-19.....	0.7	26	37	21
20-39.....	1.7	44	29	23
40-59.....	0.6	54	18	18
60 and over.....	0.7	55	15	15
11-24.....	1.4	31	36	20
20 and over.....	3.0	49	23	20
Females:				
2-5.....	0.5	18	38	38
6-11.....	0.5	15	31	27
12-19.....	0.8	39	23	† 8
20-39.....	1.9	46	15	9
40-59.....	0.8	65	13	13
60 and over.....	1.7	59	11	11
11-24.....	1.5	38	20	7
20 and over.....	4.4	54	13	10
All individuals 2 and over.....	11.0	43	22	18

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 37A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

FSP participation, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
<i>Percent</i>		<i>Ounces cooked lean meat equivalents ‡</i>								
Participating:										
Males:										
2-5.....	0.7	3.3	1.1	0.8	0.1	*	0.7	0.3	*	0.2
6-11.....	0.6	4.5	1.6	1.1	.4	0.0	.9	.4	†*	.1
12-19.....	0.8	6.6	2.9	1.4	†.2	0.0	1.4	.6	†*	.1
20-39.....	0.8	† 11.2	† 5.1	1.3	†.6	†.1	† 3.3	.7	*	†.2
40-59.....	0.4	6.4	2.3	1.7	†.2	†.1	1.3	.6	†*	†.1
60 and over.....	0.2	5.2	1.8	1.7	.3	†.1	.6	.6	†*	†.1
20 and over.....	1.4	9.1	3.9	1.5	†.5	†.1	† 2.4	.6	†*	.2
Females:										
2-5.....	0.5	3.2	1.1	.7	.2	†*	.7	.3	†*	.1
6-11.....	0.7	3.7	1.5	.8	†.2	†*	.6	.4	†*	.1
12-19.....	0.6	4.4	2.1	1.0	†.1	†*	.8	.4	†*	†.1
20-39.....	1.5	4.7	2.0	1.3	.3	†*	.7	.4	†*	†.1
40-59.....	0.6	4.4	1.5	1.2	†.3	†.2	.7	.4	†*	†.1
60 and over.....	0.5	3.7	1.1	1.3	†.4	†.1	.4	.5	†*	†.1
20 and over.....	2.6	4.4	1.7	1.2	.3	†.1	.6	.4	†*	.1
All individuals 2 and over.....	7.8	5.2	2.1	1.1	.3	†*	1.1	.5	*	.1
Not participating:										
Males:										
2-5.....	0.4	3.2	1.0	.8	†.1	†*	.7	.4	†*	.1
6-11.....	0.5	3.7	1.5	.7	†.2	*	.9	.3	†*	.1
12-19.....	0.7	5.9	2.3	1.4	.6	†*	.9	.5	†*	.1
20-39.....	1.7	6.7	3.1	1.5	.5	†*	.8	.6	†*	.2
40-59.....	0.6	6.8	3.3	1.2	.5	†.1	.9	.7	†*	.1
60 and over.....	0.7	4.6	1.7	1.0	.5	†.1	.7	.6	†*	.1
20 and over.....	3.0	6.2	2.8	1.3	.5	.1	.8	.6	†*	.1
Females:										
2-5.....	0.5	2.9	1.1	.7	.2	†*	.5	.3	†*	.1
6-11.....	0.5	3.3	1.2	.7	.1	†.1	.8	.3	†*	.1
12-19.....	0.8	4.1	1.7	.9	†.4	†*	.7	.3	†*	†.1
20-39.....	1.9	3.9	1.6	.9	.4	†*	.6	.4	†*	†.1
40-59.....	0.8	4.2	1.6	.9	.4	†*	.7	.5	†*	.1
60 and over.....	1.7	3.3	1.1	1.0	.4	†*	.4	.4	†*	.1
20 and over.....	4.4	3.8	1.4	.9	.4	*	.5	.4	†*	.1
All individuals 2 and over.....	11.0	4.5	1.8	1.0	.4	*	.7	.4	†*	.1

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 37B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	Percent	Percent		
Participating:				
Males:				
2-5.....	0.7	† 5	13	19
6-11.....	0.6	† 1	35	31
12-19.....	0.8	† 0	60	54
20-39.....	0.8	† *	74	67
40-59.....	0.4	† 2	59	53
60 and over.....	0.2	† 3	44	42
20 and over.....	1.4	† 1	66	60
Females:				
2-5.....	0.5	7	11	25
6-11.....	0.7	† 4	20	18
12-19.....	0.6	† 5	38	35
20-39.....	1.5	† 2	36	31
40-59.....	0.6	† 9	35	32
60 and over.....	0.5	† 9	25	25
20 and over.....	2.6	5	34	30
All individuals 2 and over.....	7.8	4	38	36
Not participating:				
Males:				
2-5.....	0.4	10	16	27
6-11.....	0.5	† 1	23	20
12-19.....	0.7	† 1	60	44
20-39.....	1.7	† 2	65	52
40-59.....	0.6	† 1	69	60
60 and over.....	0.7	† 5	41	38
20 and over.....	3.0	2	60	50
Females:				
2-5.....	0.5	12	12	17
6-11.....	0.5	† 1	18	17
12-19.....	0.8	† 7	31	29
20-39.....	1.9	7	26	24
40-59.....	0.8	† 5	29	27
60 and over.....	1.7	9	17	17
20 and over.....	4.4	8	23	22
All individuals 2 and over.....	11.0	5	35	31

\* Value less than 0.5 but greater than 0.

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 38.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

FSP participation, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons ‡ --</i>
Participating:							
Males:							
2-5.....	0.7	1562	33.9	26.3	14.7	45.9	14.5
6-11.....	0.6	2048	34.3	26.5	16.0	61.0	20.8
12-19.....	0.8	2585	35.3	26.7	16.6	79.1	27.1
20-39.....	0.8	3801	36.1	26.7	18.2	† 121.4	† 43.9
40-59.....	0.4	2254	33.5	24.2	14.1	62.1	20.7
60 and over.....	0.2	1501	33.5	23.1	12.5	39.9	11.4
20 and over.....	1.4	3082	35.0	25.6	16.3	94.6	33.3
Females:							
2-5.....	0.5	1498	34.2	26.6	15.2	44.3	14.4
6-11.....	0.7	1677	34.2	26.3	16.1	49.6	17.3
12-19.....	0.6	1853	32.7	24.2	20.4	51.6	23.4
20-39.....	1.5	1745	33.3	24.7	19.1	48.8	21.1
40-59.....	0.6	1512	34.7	25.8	15.1	45.0	15.1
60 and over.....	0.5	1255	34.6	25.3	11.6	35.7	9.4
20 and over.....	2.6	1604	33.9	25.1	16.9	45.6	17.7
All individuals 2 and over.....	7.8	2009	34.2	25.7	16.6	59.4	21.5
Not participating:							
Males:							
2-5.....	0.4	1542	33.6	25.6	13.5	44.0	13.1
6-11.....	0.5	1858	32.6	24.9	18.3	52.0	21.9
12-19.....	0.7	2674	33.5	25.9	20.2	77.4	33.5
20-39.....	1.7	2718	33.4	24.8	15.4	75.1	26.1
40-59.....	0.6	2256	34.5	24.6	12.5	63.1	18.2
60 and over.....	0.7	1610	33.9	24.6	12.3	45.1	12.4
20 and over.....	3.0	2356	33.8	24.7	14.0	65.4	21.2
Females:							
2-5.....	0.5	1459	32.9	25.5	14.6	41.5	13.5
6-11.....	0.5	1636	33.2	25.6	17.5	47.1	18.1
12-19.....	0.8	1869	33.5	25.8	18.7	53.6	22.3
20-39.....	1.9	1637	32.7	24.6	16.0	46.3	16.8
40-59.....	0.8	1574	34.2	25.6	15.4	46.1	15.2
60 and over.....	1.7	1252	31.6	23.2	12.3	33.1	9.8
20 and over.....	4.4	1481	32.6	24.3	14.5	41.3	13.9
All individuals 2 and over.....	11.0	1857	33.1	24.8	15.4	52.2	18.4

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 39.1.--Saturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
Participating:	Percent	----- Grams -----								
Males and females:										
1-2.....	0.6	.6	0.3	0.2	0.5	0.7	2.3	11.3	5.2	21.7
3-5.....	0.8	0.6	.3	.2	.5	.7	2.3	12.4	5.8	23.4
5 and under ‡ .....	1.6	.5	.3	.3	.5	1.1	2.2	11.3	5.1	21.8
Males:										
6-11.....	0.5	.7	.4	.3	.5	.8	2.7	16.4	7.7	30.2
12-19.....	0.8	.7	.4	.2	.6	.8	3.1	21.6	10.1	38.4
20-39.....	0.7	† 1.1	† .6	† .4	† .9	† 1.2	† 4.6	27.4	12.8	50.3
40-59.....	0.4	.5	.3	.2	.4	.5	2.4	16.3	7.8	29.1
60 and over.....	0.2	.4	.2	.1	.3	.5	1.7	11.6	5.4	20.6
20 and over.....	1.3	† .8	† .5	† .3	† .7	† .9	3.5	22.0	10.4	40.1
Females:										
6-11.....	0.7	.6	.3	.2	.5	.7	2.4	13.9	6.6	26.0
12-19.....	0.6	.6	.3	.2	.5	.8	2.5	14.5	6.5	26.5
20-39.....	1.5	.4	.2	.2	.3	.6	1.9	13.2	6.1	23.4
40-59.....	0.5	.4	.2	.2	.3	.8	1.8	11.7	5.7	21.6
60 and over.....	0.4	.3	.1	.1	.2	.4	1.3	9.5	4.4	16.7
20 and over.....	2.5	.4	.2	.1	.3	.6	1.8	12.2	5.7	21.8
All individuals.....	7.9	.6	.3	.2	.5	.8	2.4	15.1	7.0	27.7
Not participating:										
Males and females:										
1-2.....	0.4	.6	.4	.2	.5	.6	2.2	10.5	4.8	20.4
3-5.....	0.7	.5	.3	.2	.5	.7	2.2	11.8	5.6	22.5
5 and under ‡ .....	1.2	.5	.3	.3	.5	1.0	2.2	10.8	4.9	21.0
Males:										
6-11.....	0.5	.6	.3	.2	.5	.8	2.4	14.4	7.0	26.9
12-19.....	0.7	.7	.4	.3	.6	1.0	3.2	20.3	9.6	37.1
20-39.....	1.7	.7	.3	.3	.6	1.0	3.0	20.2	9.3	36.3
40-59.....	0.6	.5	.3	.2	.4	.8	2.4	17.4	8.1	30.7
60 and over.....	0.7	.4	.2	.2	.3	.6	1.8	11.5	5.6	21.0
20 and over.....	3.0	.6	.3	.2	.5	.8	2.6	17.5	8.1	31.4
Females:										
6-11.....	0.6	.5	.3	.2	.4	.7	2.2	13.0	6.3	24.2
12-19.....	0.8	.5	.3	.2	.4	.7	2.3	14.4	6.8	26.4
20-39.....	1.9	.4	.2	.2	.3	.7	1.8	11.9	5.6	21.8
40-59.....	0.8	.3	.2	.2	.3	.7	1.6	11.3	5.4	20.5
60 and over.....	1.7	.3	.2	.1	.2	.4	1.2	7.9	3.8	14.4
20 and over.....	4.3	.3	.2	.2	.3	.6	1.5	10.2	4.9	18.7
All individuals.....	11.1	.5	.3	.2	.4	.7	2.1	13.5	6.4	24.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 39.2.--Monounsaturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
Participating:	Percent	----- Grams -----				
Males and females:						
1-2.....	0.6	1.2	17.8	0.1	*	19.4
3-5.....	0.8	1.3	21.9	.1	*	23.7
5 and under ‡ .....	1.6	1.1	19.1	.1	*	20.7
Males:						
6-11.....	0.5	1.6	29.6	.1	*	31.8
12-19.....	0.8	2.4	40.9	.2	*	44.3
20-39.....	0.7	2.7	49.8	.2	.1	53.6
40-59.....	0.4	2.0	31.0	.2	† .1	33.7
60 and over.....	0.2	1.4	21.2	.1	*	22.9
20 and over.....	1.3	2.3	40.5	.2	.1	43.7
Females:						
6-11.....	0.7	1.4	24.5	.1	*	26.5
12-19.....	0.6	1.5	25.0	.1	† .1	27.2
20-39.....	1.5	1.5	25.3	.1	.1	27.4
40-59.....	0.5	1.3	21.9	.1	*	23.7
60 and over.....	0.4	1.1	18.2	.1	*	19.6
20 and over.....	2.5	1.4	23.3	.1	*	25.2
All individuals.....	7.9	1.6	27.6	.1	*	29.8
Not participating:						
Males and females:						
1-2.....	0.4	1.0	16.7	.1	*	18.2
3-5.....	0.7	1.2	20.3	.1	*	22.0
5 and under ‡ .....	1.2	1.0	18.0	.1	*	19.5
Males:						
6-11.....	0.5	1.4	27.3	.1	† .1	29.3
12-19.....	0.7	2.0	38.5	.2	.1	41.5
20-39.....	1.7	2.1	37.8	.2	*	40.9
40-59.....	0.6	1.9	33.3	.2	*	35.8
60 and over.....	0.7	1.2	21.9	.1	† *	23.6
20 and over.....	3.0	1.8	33.0	.2	*	35.7
Females:						
6-11.....	0.6	1.3	23.4	.1	*	25.2
12-19.....	0.8	1.4	27.0	.1	*	29.1
20-39.....	1.9	1.2	22.4	.1	*	24.1
40-59.....	0.8	1.2	22.0	.1	*	23.7
60 and over.....	1.7	.8	15.4	.1	*	16.5
20 and over.....	4.3	1.0	19.6	.1	*	21.0
All individuals.....	11.1	1.4	25.2	.1	*	27.2

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 39.3.--Polyunsaturated fatty acids: Mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
Participating:	Percent	----- Grams -----							
Males and females:									
1-2.....	0.6	7.0	0.8	†*	0.1	†*	*	*	7.9
3-5.....	0.8	9.2	.9	†*	.1	*	*	*	10.2
5 and under ‡ ....	1.6	8.1	.9	†*	.1	*	*	*	9.2
Males:									
6-11.....	0.5	12.6	1.2	†*	.1	†*	†*	*	14.0
12-19.....	0.8	18.2	1.9	†*	.2	†*	*	.1	20.5
20-39.....	0.7	24.0	† 2.5	†*	.3	†*	†*	.1	27.1
40-59.....	0.4	14.2	1.4	†*	.2	*	†*	.1	15.9
60 and over.....	0.2	10.0	1.0	†*	.1	†*	*	.1	11.3
20 and over.....	1.3	19.3	2.0	†*	.2	†*	†*	.1	21.7
Females:									
6-11.....	0.7	10.5	1.0	†*	.1	*	*	*	11.8
12-19.....	0.6	10.9	1.0	†*	.1	†*	†*	† .1	12.3
20-39.....	1.5	11.8	1.1	†*	.1	*	*	.1	13.3
40-59.....	0.5	10.5	1.1	†*	.1	†*	*	*	11.9
60 and over.....	0.4	9.2	1.0	†*	.1	*	*	*	10.4
20 and over.....	2.5	11.1	1.1	†*	.1	*	*	.1	12.5
All individuals.....	7.9	12.5	1.3	*	.1	*	*	*	14.1
Not participating:									
Males and females:									
1-2.....	0.4	6.9	.8	†*	.1	*	*	*	7.8
3-5.....	0.7	8.7	.9	†*	.1	†*	*	*	9.8
5 and under ‡ ....	1.2	7.8	.8	†*	.1	†*	*	*	8.8
Males:									
6-11.....	0.5	11.0	1.1	*	.1	*	*	*	12.2
12-19.....	0.7	17.6	1.7	†*	.2	†*	*	.1	19.8
20-39.....	1.7	17.6	1.7	†*	.2	*	*	.1	19.8
40-59.....	0.6	16.4	1.6	†*	.2	†*	*	.1	18.4
60 and over.....	0.7	10.2	1.1	*	.1	*	*	.1	11.6
20 and over.....	3.0	15.6	1.5	*	.2	*	*	.1	17.6
Females:									
6-11.....	0.6	9.5	1.0	†*	.1	†*	†*	*	10.7
12-19.....	0.8	12.2	1.2	†*	.1	†*	*	†*	13.7
20-39.....	1.9	11.7	1.1	†*	.1	*	*	.1	13.1
40-59.....	0.8	11.3	1.2	*	.1	*	*	.1	12.8
60 and over.....	1.7	8.1	.8	†*	.1	†*	*	.1	9.2
20 and over.....	4.3	10.2	1.0	*	.1	*	*	.1	11.5
All individuals.....	11.1	12.0	1.2	*	.1	*	*	.1	13.5

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 40.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by Food Stamp Program (FSP) participation, low-income households, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
<i>Percent</i> ----- <i>Percent</i> -----					
Participating:					
Males:					
20-39.....	0.7	26.9	38.5	54.8	20.1
40-59.....	0.4	27.0	34.1	59.8	24.2
60 and over.....	0.2	25.5	33.1	52.9	† 16.8
20 and over.....	1.3	26.8	36.5	56.0	20.9
Females:					
20-39.....	1.5	27.1	41.5	53.4	29.4
40-59.....	0.5	30.7	62.6	71.3	46.8
60 and over.....	0.4	30.6	67.9	85.4	47.0
20 and over.....	2.5	28.5	51.0	63.1	36.5
All individuals 20 and over.....	3.8	27.9	45.8	60.6	30.9
Not participating:					
Males:					
20-39.....	1.7	25.9	31.4	50.9	16.6
40-59.....	0.6	27.2	37.4	69.4	21.1
60 and over.....	0.7	26.0	32.9	62.0	18.3
20 and over.....	3.0	26.2	33.0	57.4	17.9
Females:					
20-39.....	1.9	25.2	30.0	41.4	18.6
40-59.....	0.8	28.1	47.4	63.0	34.0
60 and over.....	1.7	26.1	36.9	55.0	21.7
20 and over.....	4.3	26.1	35.7	50.6	22.4
All individuals 20 and over.....	7.3	26.1	34.6	53.4	20.5

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight (3.6 percent of participants and 3.3 percent of nonparticipants).

Excludes pregnant women.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Standard Error Tables**  
**for**  
**Food Stamp Program Participation Table Set**  
**(tables 21se–40se)**



Table 21se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Participating:								
Males and females:								
1-2.....	0.6	32	1.5	1.9	.8	.8	.3	12
3-5.....	0.8	56	2.1	2.2	.7	.8	.6	11
5 and under ‡ .....	1.6	36	1.5	1.4	.5	.6	.4	8
Males:								
6-11.....	0.5	89	3.9	4.3	1.6	1.9	.9	23
12-19.....	0.8	115	5.4	6.9	3.6	2.5	1.3	39
20-39.....	0.7	686	23.3	34.2	14.4	11.3	6.6	101
40-59.....	0.4	152	8.3	8.8	3.1	3.7	1.6	45
60 and over.....	0.2	93	4.1	4.0	1.5	1.6	.9	35
20 and over.....	1.3	388	11.8	18.2	7.8	5.9	3.5	50
Females:								
6-11.....	0.7	77	3.6	3.8	1.5	1.4	.7	24
12-19.....	0.6	112	4.4	4.9	1.9	1.9	1.1	23
20-39.....	1.5	58	2.4	3.1	1.0	1.4	.8	12
40-59.....	0.5	75	3.3	3.5	1.3	1.5	.8	19
60 and over.....	0.4	44	2.3	2.9	1.0	1.3	.7	19
20 and over.....	2.5	47	1.9	2.3	.8	1.0	.6	9
All individuals.....	7.9	83	2.7	4.0	1.6	1.4	.8	13
Not participating:								
Males and females:								
1-2.....	0.4	39	2.1	2.1	.9	.8	.4	14
3-5.....	0.7	70	4.0	2.9	1.0	1.3	.6	10
5 and under ‡ .....	1.2	43	2.3	1.8	.7	.8	.4	9
Males:								
6-11.....	0.5	107	2.9	4.4	1.9	1.9	.5	12
12-19.....	0.7	158	4.6	6.8	2.7	2.9	1.3	24
20-39.....	1.7	155	4.2	5.4	2.0	2.3	1.2	20
40-59.....	0.6	80	3.2	3.9	1.4	1.5	1.1	21
60 and over.....	0.7	44	1.7	2.4	.9	1.0	.6	13
20 and over.....	3.0	110	3.1	3.8	1.5	1.6	.7	14
Females:								
6-11.....	0.6	57	2.7	2.7	.9	1.1	.9	17
12-19.....	0.8	87	3.0	4.2	1.6	1.6	1.0	18
20-39.....	1.9	55	2.5	2.6	1.0	1.0	.9	15
40-59.....	0.8	71	3.1	3.6	1.5	1.5	.6	15
60 and over.....	1.7	30	1.5	1.5	.5	.6	.4	8
20 and over.....	4.3	33	1.3	1.6	.6	.6	.5	8
All individuals.....	11.1	49	1.4	2.0	.7	.8	.4	6

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 21se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	Grams		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	Milligrams	
Participating:							
Males and females:							
1-2.....	4.8	.4	33	25	.2	7	.03
3-5.....	7.9	.6	48	26	.3	6	.06
5 and under ‡ .....	5.1	.4	40	20	.2	5	.04
Males:							
6-11.....	10.7	1.0	75	39	.5	7	.09
12-19.....	14.4	1.0	166	137	.6	12	.14
20-39.....	73.7	2.2	215	75	2.7	28	.34
40-59.....	21.0	1.6	347	73	.8	38	.14
60 and over.....	12.7	1.3	462	224	.6	14	.10
20 and over.....	46.3	1.2	111	55	1.4	27	.18
Females:							
6-11.....	9.3	.6	70	42	.3	8	.08
12-19.....	14.7	1.0	66	53	.7	11	.09
20-39.....	7.3	.6	66	61	.4	7	.05
40-59.....	9.1	.6	92	87	.4	12	.06
60 and over.....	8.4	1.0	177	168	.4	11	.06
20 and over.....	5.5	.4	55	52	.3	5	.04
All individuals.....	9.7	.3	42	33	.3	5	.04
Not participating:							
Males and females:							
1-2.....	4.9	.4	55	44	.3	6	.05
3-5.....	8.5	.9	87	60	.2	7	.07
5 and under ‡ .....	5.5	.6	56	40	.2	5	.04
Males:							
6-11.....	15.7	.8	60	39	.3	11	.11
12-19.....	19.6	1.1	127	54	.6	14	.13
20-39.....	19.9	1.1	54	45	.6	11	.09
40-59.....	12.2	1.0	70	51	.6	9	.13
60 and over.....	6.2	.7	238	55	.3	4	.05
20 and over.....	14.0	.8	68	32	.4	7	.07
Females:							
6-11.....	8.4	.7	128	38	.5	12	.07
12-19.....	12.6	.9	61	39	.5	9	.09
20-39.....	8.5	.6	85	63	.6	9	.06
40-59.....	9.7	.7	43	43	.3	6	.08
60 and over.....	4.0	.4	108	42	.2	6	.04
20 and over.....	4.6	.3	43	27	.3	5	.04
All individuals.....	6.3	.4	33	16	.2	4	.04

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 21se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Participating:							
Males and females:							
1-2.....	.04	.5	.05	8	.14	30	26
3-5.....	.07	.7	.08	12	.23	31	35
5 and under ‡ .....	.05	.4	.05	8	.36	22	27
Males:							
6-11.....	.12	1.0	.09	17	.32	62	68
12-19.....	.19	1.3	.16	25	.68	134	100
20-39.....	.60	4.5	.37	38	12.22	253	404
40-59.....	.22	2.2	.18	20	3.51	94	126
60 and over.....	.14	1.2	.13	26	1.74	45	53
20 and over.....	.29	2.3	.18	19	6.22	134	208
Females:							
6-11.....	.09	.9	.10	16	.44	45	53
12-19.....	.13	1.3	.11	19	.45	63	69
20-39.....	.05	.8	.05	12	.26	25	35
40-59.....	.07	1.0	.09	12	.26	34	46
60 and over.....	.07	.7	.07	19	.21	43	37
20 and over.....	.04	.6	.05	8	.17	18	27
All individuals.....	.06	.6	.05	6	1.18	29	43
Not participating:							
Males and females:							
1-2.....	.07	.7	.08	11	.19	31	34
3-5.....	.08	.9	.07	17	.63	54	64
5 and under ‡ .....	.05	.5	.05	10	.35	30	37
Males:							
6-11.....	.14	1.5	.14	27	.26	52	53
12-19.....	.12	1.1	.11	21	.87	79	79
20-39.....	.14	1.7	.12	20	.35	74	75
40-59.....	.07	1.1	.10	16	.31	34	40
60 and over.....	.09	.7	.05	12	2.27	28	29
20 and over.....	.09	1.1	.09	14	.62	49	52
Females:							
6-11.....	.10	.7	.06	15	1.09	59	46
12-19.....	.10	1.0	.09	17	.71	49	45
20-39.....	.08	.9	.09	16	.28	35	45
40-59.....	.08	1.0	.09	13	.23	43	45
60 and over.....	.06	.6	.05	8	.89	19	22
20 and over.....	.04	.5	.05	8	.39	21	24
All individuals.....	.04	.5	.04	6	.33	22	25

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 21se.--Nutrient intakes: Standard errors of mean amounts consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
Participating:						
Males and females:						
1-2.....	5	.4	.3	*	77	62
3-5.....	9	.6	.4	*	88	77
5 and under ‡ .....	6	.4	.3	*	67	57
Males:						
6-11.....	12	.9	.6	*	156	121
12-19.....	22	1.2	.8	.1	202	240
20-39.....	55	7.3	5.4	.3	723	787
40-59.....	24	1.0	1.2	.1	347	199
60 and over.....	15	1.4	.7	.2	190	191
20 and over.....	29	4.0	2.8	.1	396	414
Females:						
6-11.....	9	.9	.8	*	132	102
12-19.....	14	1.0	.7	.1	234	166
20-39.....	9	.5	.4	*	99	85
40-59.....	9	.6	.4	.1	113	93
60 and over.....	9	.7	.4	*	102	109
20 and over.....	7	.4	.3	*	83	63
All individuals.....	6	.8	.6	*	97	88
Not participating:						
Males and females:						
1-2.....	6	.5	.3	*	98	57
3-5.....	11	1.1	.8	.1	131	107
5 and under ‡ .....	6	.6	.4	*	83	64
Males:						
6-11.....	12	.9	.6	*	156	120
12-19.....	12	1.0	1.3	.1	254	143
20-39.....	16	1.0	.7	.1	255	137
40-59.....	10	.9	.4	.1	155	146
60 and over.....	7	.6	.3	.1	79	57
20 and over.....	11	.7	.5	.1	168	108
Females:						
6-11.....	7	.6	.6	.1	128	84
12-19.....	11	.9	.4	.1	220	104
20-39.....	11	.7	.6	.1	117	93
40-59.....	11	.8	.5	*	113	107
60 and over.....	5	.5	.2	*	60	45
20 and over.....	6	.4	.3	*	67	48
All individuals.....	5	.3	.2	*	79	52

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 22se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
Percent		Percent of RDA							
Participating:									
Males and females:									
1-2.....	0.6	2	9	8	3	17	4	5	5
3-5.....	0.8	3	9	10	4	14	7	6	6
5 and under ‡ .....	1.6	2	8	10	6	12	5	5	5
Males:									
6-11.....	0.5	4	14	13	7	15	8	10	8
12-19.....	0.8	4	10	17	6	21	10	12	7
20-39.....	0.7	24	37	22	27	47	23	35	24
40-59.....	0.4	5	13	35	8	64	9	14	13
60 and over.....	0.2	4	7	46	6	24	8	10	8
20 and over.....	1.3	13	19	11	14	46	12	17	12
Females:									
6-11.....	0.7	4	12	13	4	17	8	8	7
12-19.....	0.6	5	10	8	9	20	9	10	9
20-39.....	1.5	3	5	8	5	11	4	4	5
40-59.....	0.5	3	7	11	5	20	6	6	7
60 and over.....	0.4	2	5	22	5	18	6	6	5
20 and over.....	2.5	2	4	7	4	8	3	3	4
All individuals.....	7.9	3	5	5	4	8	3	4	3
Not participating:									
Males and females:									
1-2.....	0.4	3	13	14	5	15	8	8	8
3-5.....	0.7	4	20	18	4	16	8	9	9
5 and under ‡ .....	1.2	3	12	12	6	13	5	5	5
Males:									
6-11.....	0.5	6	11	8	3	24	11	12	12
12-19.....	0.7	5	9	13	6	25	9	7	6
20-39.....	1.7	5	8	5	6	18	6	8	9
40-59.....	0.6	3	5	7	6	16	9	4	6
60 and over.....	0.7	2	3	24	3	7	5	6	4
20 and over.....	3.0	4	6	7	4	12	5	5	6
Females:									
6-11.....	0.6	3	10	25	6	25	7	8	6
12-19.....	0.8	4	7	8	6	15	8	8	7
20-39.....	1.9	2	5	11	6	14	6	6	6
40-59.....	0.8	3	6	5	4	11	8	7	7
60 and over.....	1.7	2	3	13	3	10	4	5	4
20 and over.....	4.3	1	3	5	3	8	4	3	3
All individuals.....	11.1	2	3	4	2	6	3	3	3

‡ Includes infants under 1; excludes breast-fed children.



Table 22se.--Nutrient intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96--continued

FSP participation, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
Participating:								
Males and females:								
1-2.....	5	15	20	4	3	7	4	3
3-5.....	7	16	27	4	4	7	6	4
5 and under ‡ .....	4	12	69	3	3	6	4	3
Males:								
6-11.....	8	20	26	8	9	7	8	6
12-19.....	9	15	34	11	8	7	10	6
20-39.....	18	19	611	32	52	16	73	36
40-59.....	9	10	176	12	16	7	10	8
60 and over.....	6	13	87	6	7	4	14	5
20 and over.....	9	10	311	17	27	8	40	19
Females:								
6-11.....	7	16	34	5	6	5	9	7
12-19.....	8	11	23	5	6	5	7	6
20-39.....	3	6	13	3	5	3	4	3
40-59.....	5	7	13	4	6	3	5	3
60 and over.....	4	11	10	5	5	3	7	3
20 and over.....	3	4	9	2	4	2	3	2
All individuals.....	3	5	60	3	5	2	8	4
Not participating:								
Males and females:								
1-2.....	8	22	27	4	4	7	5	3
3-5.....	7	29	66	7	8	12	11	8
5 and under ‡ .....	5	17	36	4	4	6	6	4
Males:								
6-11.....	10	26	21	7	7	8	9	6
12-19.....	6	12	43	7	7	4	10	9
20-39.....	6	10	17	5	4	5	10	4
40-59.....	5	8	15	4	5	3	9	3
60 and over.....	3	6	113	4	4	2	6	2
20 and over.....	4	7	31	3	3	3	7	3
Females:								
6-11.....	4	18	110	7	6	6	6	6
12-19.....	6	10	36	4	4	4	6	3
20-39.....	5	9	14	3	4	4	5	5
40-59.....	6	7	11	5	6	4	6	4
60 and over.....	3	4	45	2	3	2	5	2
20 and over.....	3	5	19	2	2	2	3	3
All individuals.....	2	5	19	2	2	2	3	2

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
Participating:										
Males and females:										
1-2.....	0.6	1.2	3.3	2.9	--	--	.7	1.6	2.8	3.5
3-5.....	0.8	1.3	3.5	3.4	--	--	.4	1.7	3.0	3.1
5 and under ‡ .....	1.6	1.0	2.1	2.5	--	.3	.8	1.1	2.0	2.0
Males:										
6-11.....	0.5	1.7	4.6	5.0	--	--	1.4	2.5	5.4	4.9
12-19.....	0.8	1.2	5.4	6.5	--	.8	2.9	5.1	7.2	7.4
20-39.....	0.8	3.9	7.8	11.8	--	3.8	5.6	7.3	10.0	12.2
40-59.....	0.4	3.7	6.2	8.3	3.3	2.6	6.1	7.8	6.9	6.6
60 and over.....	0.2	7.1	7.2	3.5	4.7	7.3	6.5	6.9	7.7	6.4
20 and over.....	1.3	3.2	6.7	9.7	1.3	2.9	4.9	3.8	5.3	6.8
Females:										
6-11.....	0.7	3.9	5.3	4.1	--	1.1	2.1	3.7	5.3	5.9
12-19.....	0.6	3.9	6.5	5.8	.7	4.0	5.5	6.0	5.5	5.8
20-39.....	1.5	3.2	4.0	2.9	1.3	3.0	3.7	4.6	4.2	3.4
40-59.....	0.6	3.8	4.4	4.0	2.4	4.0	5.3	5.5	5.2	4.8
60 and over.....	0.5	3.5	6.3	2.9	2.5	6.3	6.2	5.9	7.5	6.5
20 and over.....	2.5	2.2	3.4	2.0	1.1	2.7	2.8	3.5	3.1	2.6
All individuals.....	8.0	1.2	2.0	2.1	.3	1.2	1.7	1.4	1.6	1.8
Not participating:										
Males and females:										
1-2.....	0.5	1.3	2.8	4.2	--	--	1.2	1.5	3.3	3.9
3-5.....	0.6	.8	4.0	5.1	--	--	.6	2.1	2.8	3.7
5 and under ‡ .....	1.2	.8	2.4	2.8	--	.5	.8	1.2	2.0	2.6
Males:										
6-11.....	0.5	4.2	6.3	4.5	--	--	3.8	5.8	6.4	5.7
12-19.....	0.7	2.4	5.3	5.8	1.3	2.0	2.8	4.8	6.1	4.8
20-39.....	1.6	2.9	4.4	4.1	1.0	1.9	3.8	3.6	3.8	4.1
40-59.....	0.6	2.2	5.4	3.9	1.2	1.6	3.7	5.9	5.2	4.2
60 and over.....	0.7	3.3	3.8	2.4	1.7	3.5	3.8	4.0	3.8	3.7
20 and over.....	2.9	2.2	3.2	2.5	.8	1.9	3.1	2.7	3.1	2.8
Females:										
6-11.....	0.5	2.0	5.6	4.0	--	--	2.2	5.2	7.1	6.3
12-19.....	0.8	4.6	6.7	4.9	--	3.8	4.4	5.6	5.0	5.0
20-39.....	1.9	3.1	3.5	2.3	1.3	3.0	4.5	4.2	4.5	4.5
40-59.....	0.8	2.8	4.6	3.0	1.9	2.9	3.9	4.0	3.9	3.4
60 and over.....	1.6	2.9	3.0	1.5	2.0	3.4	3.8	2.1	3.5	3.3
20 and over.....	4.3	1.9	2.4	1.4	1.0	1.9	2.7	2.1	2.3	2.4
All individuals.....	11.0	1.4	1.8	1.3	.5	1.1	1.7	1.6	1.8	1.6

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Participating:										
Males and females:										
1-2.....	0.6	3.8	3.1	3.0	2.3	3.1	3.8	.8	1.9	2.6
3-5.....	0.8	3.6	3.7	3.1	2.1	3.1	2.9	.4	1.9	3.1
5 and under ‡ .....	1.6	2.4	2.2	2.2	1.8	2.3	2.3	.3	1.6	2.2
Males:										
6-11.....	0.5	3.7	4.6	5.5	1.7	4.1	5.9	--	1.0	4.3
12-19.....	0.8	6.7	6.5	4.8	4.3	5.8	6.5	.9	3.5	6.1
20-39.....	0.8	6.3	9.1	11.7	5.7	7.3	8.9	3.4	6.4	8.7
40-59.....	0.4	7.0	5.5	5.4	5.6	6.7	7.7	4.3	5.0	5.9
60 and over.....	0.2	6.7	5.3	5.1	6.7	6.8	5.5	5.3	6.9	6.6
20 and over.....	1.3	3.8	5.7	7.3	4.0	5.4	7.3	2.5	4.4	6.3
Females:										
6-11.....	0.7	3.5	5.2	3.5	4.4	3.9	5.1	--	3.1	3.4
12-19.....	0.6	6.3	6.1	5.1	3.0	3.9	4.7	3.4	5.1	5.6
20-39.....	1.5	3.7	4.4	3.8	5.2	4.9	4.5	1.8	3.2	3.9
40-59.....	0.6	4.7	5.9	4.0	5.8	5.2	5.3	3.4	4.1	5.6
60 and over.....	0.5	6.1	5.7	3.0	7.2	7.4	7.2	2.1	5.9	6.0
20 and over.....	2.5	3.1	3.0	2.2	3.8	3.4	3.1	1.3	2.4	2.6
All individuals.....	8.0	2.0	2.0	1.8	1.8	1.8	1.9	.7	1.3	1.8
<hr/>										
Not participating:										
Males and females:										
1-2.....	0.5	2.6	3.9	3.7	.7	2.0	3.0	1.0	2.0	2.5
3-5.....	0.6	3.8	4.6	4.8	1.9	2.1	3.0	.3	1.8	2.8
5 and under ‡ .....	1.2	2.3	2.8	3.0	1.1	1.4	2.2	.5	1.2	1.4
Males:										
6-11.....	0.5	6.0	5.5	3.5	4.5	5.9	5.8	--	1.1	3.4
12-19.....	0.7	3.0	5.5	6.5	5.0	5.3	6.1	1.3	3.0	5.4
20-39.....	1.6	3.2	3.8	4.6	3.2	3.5	4.0	1.8	3.0	3.7
40-59.....	0.6	6.1	4.4	5.2	4.9	5.5	5.7	1.7	4.2	5.8
60 and over.....	0.7	3.4	3.2	2.4	3.0	3.8	4.6	1.6	3.6	3.7
20 and over.....	2.9	2.8	2.7	2.9	2.4	2.5	2.9	1.2	2.4	2.7
Females:										
6-11.....	0.5	5.0	5.0	4.6	2.8	4.5	6.0	--	2.2	5.6
12-19.....	0.8	4.8	5.3	4.3	4.7	5.4	5.5	1.7	4.0	5.9
20-39.....	1.9	3.9	5.4	3.4	2.8	3.4	3.8	2.1	4.2	3.8
40-59.....	0.8	3.2	3.9	3.0	3.9	4.2	4.5	1.6	3.0	4.1
60 and over.....	1.6	2.9	3.2	1.9	2.4	2.4	2.5	1.8	2.8	3.9
20 and over.....	4.3	2.1	2.5	1.7	1.5	2.1	2.4	1.1	2.1	2.6
All individuals.....	11.0	1.6	1.8	1.5	1.3	1.6	1.6	.7	1.3	2.1

-- Estimated percent is zero.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
Participating:										
Males and females:										
1-2.....	0.6	.7	.9	2.3	1.9	2.0	2.5	1.4	2.5	3.6
3-5.....	0.8	.6	1.1	1.7	.6	1.6	3.4	1.1	2.2	3.1
5 and under ‡ .....	1.6	.4	.8	1.4	1.0	1.1	2.2	.8	1.6	2.6
Males:										
6-11.....	0.5	1.6	2.1	3.5	.5	2.2	3.7	2.1	4.6	5.6
12-19.....	0.8	1.3	5.4	6.0	.4	2.2	4.9	3.3	5.1	8.1
20-39.....	0.8	1.2	5.2	8.7	3.8	4.8	6.5	4.4	7.1	10.6
40-59.....	0.4	3.8	4.7	7.5	3.1	2.5	5.0	3.6	6.7	6.2
60 and over.....	0.2	5.5	6.6	6.4	3.6	5.5	7.0	6.8	7.0	4.6
20 and over.....	1.3	1.8	4.0	4.1	2.1	3.6	4.7	3.5	6.1	6.5
Females:										
6-11.....	0.7	.5	2.6	3.7	.9	3.5	5.0	1.3	2.9	5.5
12-19.....	0.6	4.8	5.4	6.7	1.2	4.5	6.3	2.9	5.6	7.6
20-39.....	1.5	2.9	3.9	4.3	2.2	3.0	3.7	2.8	4.3	3.8
40-59.....	0.6	2.1	5.3	4.9	2.0	3.5	5.0	4.9	6.0	4.4
60 and over.....	0.5	2.7	5.7	6.4	2.6	5.4	6.0	5.4	6.7	4.7
20 and over.....	2.5	1.9	2.6	2.9	1.6	2.5	2.6	2.3	3.2	2.7
All individuals.....	8.0	.9	1.4	1.6	.7	1.0	1.3	1.1	1.4	1.7
Not participating:										
Males and females:										
1-2.....	0.5	--	1.0	1.7	1.4	3.0	3.9	1.9	3.9	4.1
3-5.....	0.6	.3	1.5	2.3	1.4	2.7	3.0	1.6	3.0	4.3
5 and under ‡ .....	1.2	.1	.9	1.3	.9	1.7	1.8	1.2	1.9	2.6
Males:										
6-11.....	0.5	--	.7	5.1	--	3.2	6.1	4.2	5.5	6.8
12-19.....	0.7	2.7	3.2	4.9	1.6	2.7	4.7	2.0	4.2	5.2
20-39.....	1.6	2.0	2.7	3.5	1.4	3.0	4.7	3.3	3.9	4.3
40-59.....	0.6	2.5	4.0	4.8	1.4	2.5	3.8	2.9	5.7	4.1
60 and over.....	0.7	1.6	3.1	4.0	1.6	2.9	3.3	3.1	3.3	3.0
20 and over.....	2.9	1.4	2.0	2.4	1.0	2.3	3.2	2.5	3.1	3.1
Females:										
6-11.....	0.5	--	2.4	3.7	--	4.6	5.7	2.2	5.2	4.6
12-19.....	0.8	2.4	4.0	6.1	1.3	3.7	4.0	2.3	5.0	5.1
20-39.....	1.9	2.2	4.0	4.0	2.1	4.1	4.7	2.9	4.4	4.1
40-59.....	0.8	1.5	3.9	4.1	1.8	3.2	3.9	3.6	4.4	4.0
60 and over.....	1.6	1.5	3.4	3.8	1.6	3.1	4.6	3.2	3.5	3.5
20 and over.....	4.3	1.1	2.4	2.4	1.1	2.1	3.2	1.8	2.6	2.1
All individuals.....	11.0	.6	1.3	1.6	.6	1.5	2.2	1.2	1.6	1.7

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<div>Percent ----- Percent of individuals -----</div>										
Participating:										
Males and females:										
1-2.....	0.6	--	--	1.6	.4	1.5	1.5	2.6	3.8	3.3
3-5.....	0.8	--	.5	.8	.5	.5	.7	2.4	2.9	3.9
5 and under ‡ .....	1.6	--	.3	1.0	.3	.6	.6	1.8	2.5	2.8
Males:										
6-11.....	0.5	--	--	2.5	--	2.0	2.1	2.6	3.9	5.2
12-19.....	0.8	2.0	5.7	6.9	--	3.2	4.8	5.0	5.8	6.1
20-39.....	0.8	2.6	7.2	8.8	3.4	3.7	5.3	6.5	8.7	10.5
40-59.....	0.4	3.6	4.8	6.2	1.8	8.8	8.3	5.7	6.9	4.9
60 and over.....	0.2	6.1	6.5	6.9	6.0	6.2	6.9	6.8	5.1	4.4
20 and over.....	1.3	2.2	4.7	6.7	2.2	2.8	3.0	4.9	4.9	6.6
Females:										
6-11.....	0.7	.6	1.1	2.0	--	.7	1.8	3.8	4.8	5.5
12-19.....	0.6	4.2	5.3	5.8	2.9	4.6	5.4	6.8	4.4	2.5
20-39.....	1.5	3.5	4.2	4.2	3.0	3.4	4.0	4.8	4.1	2.4
40-59.....	0.6	4.1	5.3	5.0	4.8	4.9	5.6	5.1	4.9	2.8
60 and over.....	0.5	3.6	7.5	6.7	3.9	6.2	6.1	6.2	7.3	5.5
20 and over.....	2.5	2.4	3.2	3.3	2.2	2.8	2.9	3.0	2.9	1.7
All individuals.....	8.0	1.0	1.5	1.7	.8	1.4	1.5	1.5	1.5	1.8
Not participating:										
Males and females:										
1-2.....	0.5	--	--	.8	--	--	--	2.4	3.8	4.2
3-5.....	0.6	--	.5	1.5	--	.3	.7	2.4	3.8	4.9
5 and under ‡ .....	1.2	--	.2	.8	--	.1	.4	1.7	2.6	3.0
Males:										
6-11.....	0.5	--	.9	2.9	--	.7	.8	4.9	6.3	6.6
12-19.....	0.7	2.1	3.9	5.2	2.5	2.6	3.4	4.7	6.7	6.2
20-39.....	1.6	2.2	3.2	4.3	1.2	1.5	2.4	3.9	3.5	3.6
40-59.....	0.6	1.4	3.2	6.4	1.6	2.0	2.8	2.9	5.6	4.0
60 and over.....	0.7	2.7	4.0	3.4	1.9	3.0	3.1	3.6	3.4	3.1
20 and over.....	2.9	1.9	2.5	3.7	1.0	1.3	2.0	2.2	2.1	2.0
Females:										
6-11.....	0.5	.8	1.6	4.1	--	--	1.5	2.1	5.5	6.1
12-19.....	0.8	2.8	4.3	5.3	1.2	1.9	4.8	5.9	4.8	3.2
20-39.....	1.9	2.9	4.1	5.0	1.9	3.3	3.6	3.3	3.9	2.3
40-59.....	0.8	2.3	4.5	4.3	2.4	3.4	3.9	3.8	4.2	3.5
60 and over.....	1.6	1.7	3.0	2.8	2.2	3.5	3.9	3.9	2.6	2.3
20 and over.....	4.3	1.4	2.3	2.4	1.1	1.8	2.1	2.3	1.9	1.4
All individuals.....	11.0	.8	1.1	1.4	.6	1.0	1.5	1.3	1.5	1.2

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	1.4	3.0	3.1	--	1.1	1.3	2.3	2.7	3.8
3-5.....	0.8	.9	1.8	3.5	.3	.8	1.8	1.2	2.9	3.1
5 and under ‡ .....	1.6	.9	1.8	2.4	.2	.7	1.2	1.3	2.0	2.4
Males:										
6-11.....	0.5	--	2.1	4.4	.5	2.6	4.6	.6	1.9	5.2
12-19.....	0.8	1.0	1.9	5.8	4.8	7.3	6.5	.7	1.5	5.2
20-39.....	0.8	.8	3.6	6.2	4.4	9.2	11.8	--	2.7	6.2
40-59.....	0.4	3.2	4.3	4.4	5.2	7.3	4.7	3.1	4.0	4.1
60 and over.....	0.2	4.7	6.8	7.1	7.2	6.4	2.2	3.9	5.6	6.2
20 and over.....	1.3	1.3	2.8	4.6	3.9	7.3	7.6	1.1	2.4	4.2
Females:										
6-11.....	0.7	1.4	3.4	4.7	2.1	3.0	4.0	1.6	3.7	4.3
12-19.....	0.6	4.8	7.7	6.7	5.5	6.5	3.4	4.9	7.5	6.1
20-39.....	1.5	3.2	3.7	4.1	3.5	4.1	2.6	3.6	5.0	2.8
40-59.....	0.6	2.4	4.1	5.5	3.4	4.4	3.7	4.6	4.5	4.3
60 and over.....	0.5	2.7	6.1	6.6	5.5	6.0	3.4	3.7	5.7	6.5
20 and over.....	2.5	2.0	2.7	2.6	2.6	2.7	1.9	2.5	3.3	2.4
All individuals.....	8.0	.9	1.3	1.6	1.2	1.7	1.5	.9	1.6	1.9
Not participating:										
Males and females:										
1-2.....	0.5	1.6	2.7	3.6	--	.5	1.4	2.6	3.4	3.6
3-5.....	0.6	.7	3.0	4.1	--	.4	2.0	.7	2.8	4.2
5 and under ‡ .....	1.2	1.0	1.9	2.6	--	.5	1.2	1.0	1.9	2.4
Males:										
6-11.....	0.5	.7	5.8	6.2	2.5	5.7	6.7	2.5	3.0	4.9
12-19.....	0.7	1.6	2.2	5.1	3.8	5.6	4.7	1.5	2.4	4.4
20-39.....	1.6	1.3	1.9	4.0	2.8	4.7	3.6	1.2	2.2	2.9
40-59.....	0.6	1.1	1.6	2.0	2.3	4.2	4.5	.4	2.0	3.4
60 and over.....	0.7	1.1	3.1	3.6	3.5	3.1	2.0	1.0	2.7	3.5
20 and over.....	2.9	.9	1.6	2.7	2.2	2.8	2.3	.7	1.8	2.5
Females:										
6-11.....	0.5	--	2.5	4.8	1.2	3.3	6.9	1.3	5.2	6.4
12-19.....	0.8	3.9	5.3	5.1	5.6	4.6	3.6	4.5	5.7	5.6
20-39.....	1.9	2.1	2.9	4.6	3.8	4.2	3.5	4.2	3.7	3.2
40-59.....	0.8	1.8	3.1	4.2	3.7	5.0	4.4	3.6	4.2	4.1
60 and over.....	1.6	2.2	3.4	4.0	3.3	3.3	2.3	1.9	3.4	3.9
20 and over.....	4.3	1.2	2.2	2.7	2.2	2.6	2.3	2.1	2.2	2.2
All individuals.....	11.0	.6	1.3	1.7	1.1	1.6	1.4	.9	1.3	1.6

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	3.0	3.3	3.0
3-5.....	0.8	2.6	4.6	3.7
5 and under ‡ .....	1.6	2.3	2.8	2.4
Males:				
6-11.....	0.5	2.6	5.3	5.3
12-19.....	0.8	2.6	6.1	5.8
20-39.....	0.8	4.6	8.4	10.4
40-59.....	0.4	3.8	7.7	5.0
60 and over.....	0.2	6.7	6.3	3.6
20 and over.....	1.3	3.4	4.9	6.6
Females:				
6-11.....	0.7	3.9	6.4	6.0
12-19.....	0.6	5.8	7.6	7.9
20-39.....	1.5	3.5	4.6	3.4
40-59.....	0.6	5.0	4.8	4.1
60 and over.....	0.5	6.8	4.6	2.5
20 and over.....	2.5	2.6	3.1	2.2
All individuals.....	8.0	1.5	2.1	2.2
Not participating:				
Males and females:				
1-2.....	0.5	4.0	3.6	2.5
3-5.....	0.6	2.5	4.9	4.5
5 and under ‡ .....	1.2	1.6	2.8	1.9
Males:				
6-11.....	0.5	3.9	5.9	5.7
12-19.....	0.7	3.8	5.8	5.3
20-39.....	1.6	3.0	3.9	3.8
40-59.....	0.6	3.0	4.2	3.6
60 and over.....	0.7	3.3	3.0	1.9
20 and over.....	2.9	2.5	2.7	2.3
Females:				
6-11.....	0.5	2.9	6.1	5.7
12-19.....	0.8	3.9	4.0	4.0
20-39.....	1.9	3.9	3.5	2.9
40-59.....	0.8	4.2	3.9	3.9
60 and over.....	1.6	3.3	3.8	2.0
20 and over.....	4.3	2.2	2.0	1.4
All individuals.....	11.0	1.5	1.7	.9

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 23Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	2.9	2.3	.9	.7	1.5	2.7	3.5	4.3	3.9
3-5.....	0.8	3.4	1.9	.3	.4	2.1	3.2	3.1	3.3	3.2
5 and under ‡ .....	1.6	2.5	1.5	.3	.8	1.9	2.4	2.0	2.7	2.5
Males:										
6-11.....	0.5	5.0	2.4	1.3	1.4	4.0	5.5	4.9	3.7	3.4
12-19.....	0.8	6.5	2.7	--	2.9	4.6	4.9	7.4	7.2	2.9
20-39.....	0.8	11.8	16.8	17.1	5.6	8.8	13.0	12.2	13.3	16.3
40-59.....	0.4	8.3	2.6	1.7	6.1	6.5	5.4	6.6	5.9	4.8
60 and over.....	0.2	3.5	1.3	--	6.5	6.1	2.5	6.4	6.4	5.8
20 and over.....	1.3	9.7	10.4	10.6	4.9	5.7	8.2	6.8	7.7	9.7
Females:										
6-11.....	0.7	4.1	--	--	2.1	3.9	5.0	5.9	3.9	3.4
12-19.....	0.6	5.8	1.9	.8	5.5	7.0	7.2	5.8	4.5	3.7
20-39.....	1.5	2.9	.9	.3	3.7	4.3	2.2	3.4	2.7	2.2
40-59.....	0.6	4.0	1.5	--	5.3	6.6	2.4	4.8	3.9	3.7
60 and over.....	0.5	2.9	.7	.7	6.2	5.0	1.3	6.5	4.8	2.9
20 and over.....	2.5	2.0	.7	.2	2.8	3.3	1.5	2.6	2.1	1.7
All individuals.....	8.0	2.1	2.1	2.1	1.7	1.6	2.0	1.8	2.0	1.9
Not participating:										
Males and females:										
1-2.....	0.5	4.2	1.8	.9	1.2	1.5	3.4	3.9	3.7	3.4
3-5.....	0.6	5.1	2.2	1.2	.6	2.5	3.4	3.7	3.6	3.8
5 and under ‡ .....	1.2	2.8	1.7	.8	.8	2.5	2.5	2.6	2.7	2.9
Males:										
6-11.....	0.5	4.5	3.1	1.4	3.8	5.0	6.2	5.7	4.3	3.3
12-19.....	0.7	5.8	3.9	--	2.8	5.0	7.0	4.8	3.5	2.5
20-39.....	1.6	4.1	2.2	1.0	3.8	3.9	3.6	4.1	3.2	2.2
40-59.....	0.6	3.9	1.4	1.1	3.7	7.0	2.6	4.2	2.7	2.1
60 and over.....	0.7	2.4	.7	--	3.8	2.3	1.4	3.7	3.1	2.3
20 and over.....	2.9	2.5	1.3	.6	3.1	3.0	2.1	2.8	2.2	1.5
Females:										
6-11.....	0.5	4.0	--	--	2.2	3.9	4.7	6.3	4.3	3.7
12-19.....	0.8	4.9	1.5	1.1	4.4	5.8	3.1	5.0	3.9	3.1
20-39.....	1.9	2.3	1.0	--	4.5	3.0	1.9	4.5	3.4	2.2
40-59.....	0.8	3.0	1.4	--	3.9	4.0	2.8	3.4	3.3	2.9
60 and over.....	1.6	1.5	--	--	3.8	2.6	.9	3.3	2.4	1.9
20 and over.....	4.3	1.4	.5	--	2.7	1.8	1.0	2.4	1.8	1.2
All individuals.....	11.0	1.3	.6	.2	1.7	1.6	1.3	1.6	1.4	1.0

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals								
Participating:										
Males and females:										
1-2.....	0.6	3.0	1.3	1.3	3.8	4.4	4.0	2.6	3.7	3.3
3-5.....	0.8	3.1	1.2	.2	2.9	3.6	4.0	3.1	3.5	3.4
5 and under ‡ .....	1.6	2.2	1.9	1.7	2.3	2.6	2.7	2.2	2.6	2.6
Males:										
6-11.....	0.5	5.5	4.0	2.1	5.9	6.6	5.9	4.3	5.0	3.6
12-19.....	0.8	4.8	2.5	1.5	6.5	6.3	7.1	6.1	7.5	4.7
20-39.....	0.8	11.7	15.7	16.6	8.9	10.0	14.9	8.7	14.1	16.2
40-59.....	0.4	5.4	2.3	2.0	7.7	8.0	8.7	5.9	7.4	3.9
60 and over.....	0.2	5.1	2.2	1.0	5.5	5.3	6.6	6.6	4.1	1.7
20 and over.....	1.3	7.3	9.8	10.4	7.3	8.3	11.5	6.3	10.5	9.8
Females:										
6-11.....	0.7	3.5	1.7	--	5.1	5.9	5.5	3.4	6.6	4.2
12-19.....	0.6	5.1	2.7	1.5	4.7	6.1	4.8	5.6	6.6	4.1
20-39.....	1.5	3.8	2.1	.6	4.5	4.1	3.6	3.9	3.9	1.9
40-59.....	0.6	4.0	1.6	.7	5.3	4.9	4.4	5.6	3.9	2.2
60 and over.....	0.5	3.0	1.6	1.4	7.2	5.5	4.5	6.0	2.8	1.4
20 and over.....	2.5	2.2	1.3	.4	3.1	2.8	2.3	2.6	2.7	1.2
All individuals.....	8.0	1.8	2.0	2.1	1.9	2.1	2.2	1.8	2.1	1.9
Not participating:										
Males and females:										
1-2.....	0.5	3.7	2.2	1.4	3.0	4.0	3.0	2.5	4.0	2.9
3-5.....	0.6	4.8	2.6	--	3.0	3.9	3.7	2.8	3.6	2.7
5 and under ‡ .....	1.2	3.0	2.4	2.0	2.2	2.5	2.6	1.4	2.5	2.2
Males:										
6-11.....	0.5	3.5	2.2	1.5	5.8	6.0	5.4	3.4	5.7	3.8
12-19.....	0.7	6.5	4.2	1.4	6.1	6.9	7.4	5.4	5.1	4.0
20-39.....	1.6	4.6	2.8	1.3	4.0	4.2	4.3	3.7	3.0	2.1
40-59.....	0.6	5.2	2.1	1.5	5.7	6.3	6.5	5.8	7.7	2.6
60 and over.....	0.7	2.4	1.6	.9	4.6	3.0	3.2	3.7	4.0	2.0
20 and over.....	2.9	2.9	1.5	.9	2.9	3.1	3.1	2.7	2.9	1.5
Females:										
6-11.....	0.5	4.6	1.0	.6	6.0	6.5	7.0	5.6	4.9	2.6
12-19.....	0.8	4.3	1.4	1.1	5.5	6.1	4.3	5.9	4.5	2.8
20-39.....	1.9	3.4	2.0	1.5	3.8	3.6	3.7	3.8	3.0	1.8
40-59.....	0.8	3.0	1.6	1.1	4.5	3.6	3.6	4.1	2.9	2.3
60 and over.....	1.6	1.9	1.2	.9	2.5	2.3	2.4	3.9	3.0	1.6
20 and over.....	4.3	1.7	1.0	.7	2.4	2.0	1.8	2.6	2.0	1.2
All individuals.....	11.0	1.5	.6	.5	1.6	1.6	1.6	2.1	1.7	1.0

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	2.3	3.1	3.6	2.5	3.4	3.0	3.6	3.5	1.7
3-5.....	0.8	1.7	3.5	3.6	3.4	3.3	2.8	3.1	4.1	2.0
5 and under ‡ .....	1.6	1.4	2.1	2.7	2.2	2.3	2.0	2.6	2.9	1.4
Males:										
6-11.....	0.5	3.5	4.7	4.3	3.7	5.3	3.7	5.6	3.9	2.8
12-19.....	0.8	6.0	5.7	6.3	4.9	6.4	4.5	8.1	4.9	2.5
20-39.....	0.8	8.7	11.9	15.8	6.5	12.6	15.9	10.6	15.7	16.7
40-59.....	0.4	7.5	5.8	3.5	5.0	7.4	5.7	6.2	4.7	1.4
60 and over.....	0.2	6.4	4.5	3.0	7.0	4.8	3.0	4.6	2.9	1.3
20 and over.....	1.3	4.1	7.2	9.6	4.7	9.7	9.6	6.5	9.7	10.5
Females:										
6-11.....	0.7	3.7	6.8	3.9	5.0	6.4	2.7	5.5	3.9	2.3
12-19.....	0.6	6.7	4.8	4.0	6.3	7.9	3.0	7.6	4.3	2.3
20-39.....	1.5	4.3	2.5	1.6	3.7	3.4	1.9	3.8	1.9	.7
40-59.....	0.6	4.9	3.6	2.6	5.0	6.4	2.4	4.4	2.5	1.6
60 and over.....	0.5	6.4	5.4	1.6	6.0	4.5	1.3	4.7	1.9	--
20 and over.....	2.5	2.9	2.0	1.3	2.6	2.4	1.1	2.7	1.1	.6
All individuals.....	8.0	1.6	1.7	1.9	1.3	2.2	2.1	1.7	1.9	2.1
Not participating:										
Males and females:										
1-2.....	0.5	1.7	3.4	3.9	3.9	3.6	2.8	4.1	3.1	2.5
3-5.....	0.6	2.3	3.6	3.4	3.0	4.3	3.4	4.3	3.2	2.3
5 and under ‡ .....	1.2	1.3	2.5	2.5	1.8	2.6	2.9	2.6	2.6	1.8
Males:										
6-11.....	0.5	5.1	6.2	3.9	6.1	6.5	3.7	6.8	3.4	3.0
12-19.....	0.7	4.9	5.7	3.5	4.7	7.0	3.4	5.2	2.6	.7
20-39.....	1.6	3.5	3.9	2.4	4.7	5.1	3.7	4.3	2.5	1.3
40-59.....	0.6	4.8	2.5	2.4	3.8	3.6	3.1	4.1	2.6	1.9
60 and over.....	0.7	4.0	2.6	2.0	3.3	3.1	2.6	3.0	2.1	.8
20 and over.....	2.9	2.4	2.4	1.7	3.2	3.2	2.1	3.1	1.7	.9
Females:										
6-11.....	0.5	3.7	6.4	4.1	5.7	4.5	2.9	4.6	4.1	--
12-19.....	0.8	6.1	4.4	3.2	4.0	3.9	2.9	5.1	3.2	1.3
20-39.....	1.9	4.0	2.7	1.8	4.7	2.5	1.7	4.1	2.2	1.3
40-59.....	0.8	4.1	3.6	2.5	3.9	3.8	2.3	4.0	2.1	1.1
60 and over.....	1.6	3.8	3.2	1.3	4.6	3.5	1.4	3.5	1.7	.7
20 and over.....	4.3	2.4	1.7	1.1	3.2	2.0	1.0	2.1	1.3	.7
All individuals.....	11.0	1.6	1.6	1.0	2.2	1.6	.9	1.7	1.1	.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 23Bse.—Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	1.6	2.3	3.5	1.5	1.8	2.1	3.3	2.0	1.1
3-5.....	0.8	.8	2.2	2.6	.7	1.4	1.9	3.9	2.2	1.3
5 and under ‡ .....	1.6	1.0	1.6	2.3	.6	1.1	1.4	2.8	1.8	1.0
Males:										
6-11.....	0.5	2.5	5.5	5.3	2.1	3.7	4.4	5.2	4.3	2.4
12-19.....	0.8	6.9	6.9	6.6	4.8	6.5	6.7	6.1	5.7	2.9
20-39.....	0.8	8.8	11.0	14.7	5.3	7.6	9.2	10.5	15.0	16.6
40-59.....	0.4	6.2	7.6	8.4	8.3	7.1	6.2	4.9	2.8	3.0
60 and over.....	0.2	6.9	4.8	3.6	6.9	6.6	6.1	4.4	2.0	1.8
20 and over.....	1.3	6.7	9.3	11.6	3.0	3.9	5.0	6.6	9.5	10.2
Females:										
6-11.....	0.7	2.0	3.8	5.1	1.8	3.0	5.0	5.5	2.5	1.8
12-19.....	0.6	5.8	7.0	5.3	5.4	7.2	6.9	2.5	1.3	1.1
20-39.....	1.5	4.2	3.8	1.9	4.0	3.2	3.4	2.4	1.5	1.2
40-59.....	0.6	5.0	3.0	2.5	5.6	6.0	6.7	2.8	2.2	.8
60 and over.....	0.5	6.7	4.0	3.4	6.1	6.6	5.0	5.5	1.1	.7
20 and over.....	2.5	3.3	2.5	1.5	2.9	2.5	2.4	1.7	1.0	.8
All individuals.....	8.0	1.7	1.8	2.1	1.5	1.5	1.6	1.8	2.1	2.0
Not participating:										
Males and females:										
1-2.....	0.5	.8	2.0	2.7	--	.9	1.8	4.2	2.6	2.1
3-5.....	0.6	1.5	2.3	2.8	.7	1.7	2.6	4.9	2.0	1.0
5 and under ‡ .....	1.2	.8	1.1	1.7	.4	1.0	1.6	3.0	1.8	.8
Males:										
6-11.....	0.5	2.9	6.8	7.3	.8	4.1	6.7	6.6	4.4	.9
12-19.....	0.7	5.2	5.1	4.8	3.4	5.1	5.8	6.2	2.8	.4
20-39.....	1.6	4.3	3.1	3.2	2.4	3.5	4.4	3.6	3.0	1.6
40-59.....	0.6	6.4	4.3	2.6	2.8	4.2	4.8	4.0	3.2	1.0
60 and over.....	0.7	3.4	3.1	2.5	3.1	3.3	3.3	3.1	1.4	.8
20 and over.....	2.9	3.7	2.4	2.1	2.0	2.7	2.9	2.0	1.9	1.0
Females:										
6-11.....	0.5	4.1	6.5	6.9	1.5	3.3	4.3	6.1	4.2	1.6
12-19.....	0.8	5.3	4.4	4.0	4.8	4.6	5.8	3.2	1.5	--
20-39.....	1.9	5.0	3.9	2.4	3.6	4.3	4.0	2.3	1.0	.6
40-59.....	0.8	4.3	4.0	2.1	3.9	4.0	4.2	3.5	3.3	.4
60 and over.....	1.6	2.8	3.3	2.0	3.9	3.9	3.6	2.3	1.0	.4
20 and over.....	4.3	2.4	2.1	1.4	2.1	2.2	1.9	1.4	1.0	.4
All individuals.....	11.0	1.4	1.5	1.4	1.5	1.6	1.7	1.2	.9	.4

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
Participating:										
Males and females:										
1-2.....	0.6	3.1	3.4	1.4	1.3	2.8	4.0	3.8	3.4	1.6
3-5.....	0.8	3.5	3.6	1.8	1.8	3.4	4.1	3.1	3.7	2.1
5 and under ‡ .....	1.6	2.4	2.6	1.1	1.2	2.5	3.2	2.4	2.4	1.7
Males:										
6-11.....	0.5	4.4	5.8	3.9	4.6	4.7	3.6	5.2	5.2	4.0
12-19.....	0.8	5.8	5.4	5.3	6.5	2.6	.8	5.2	6.3	4.9
20-39.....	0.8	6.2	8.9	13.5	11.8	16.7	1.2	6.2	9.6	11.8
40-59.....	0.4	4.4	6.9	5.7	4.7	2.7	1.5	4.1	7.1	5.0
60 and over.....	0.2	7.1	4.4	2.5	2.2	1.3	1.2	6.2	5.2	4.0
20 and over.....	1.3	4.6	5.2	8.2	7.6	10.3	.9	4.2	7.4	7.3
Females:										
6-11.....	0.7	4.7	4.0	2.6	4.0	4.5	2.4	4.3	5.3	2.6
12-19.....	0.6	6.7	2.7	1.9	3.4	2.2	--	6.1	3.9	1.6
20-39.....	1.5	4.1	2.8	2.0	2.6	1.0	.6	2.8	1.2	.3
40-59.....	0.6	5.5	4.3	2.1	3.7	.7	--	4.3	2.5	1.3
60 and over.....	0.5	6.6	5.6	1.1	3.4	.7	--	6.5	4.4	1.8
20 and over.....	2.5	2.6	2.3	1.4	1.9	.6	.4	2.4	1.2	.6
All individuals.....	8.0	1.6	1.9	2.0	1.5	1.9	.8	1.9	2.2	2.0
Not participating:										
Males and females:										
1-2.....	0.5	3.6	2.9	2.3	1.4	2.4	3.5	3.6	2.7	1.2
3-5.....	0.6	4.1	3.2	1.9	2.0	4.0	3.6	4.2	3.6	2.7
5 and under ‡ .....	1.2	2.6	2.3	1.0	1.2	2.8	2.7	2.4	2.5	2.2
Males:										
6-11.....	0.5	6.2	5.4	3.1	6.7	4.5	2.4	4.9	5.5	4.1
12-19.....	0.7	5.1	4.9	2.9	4.7	2.4	--	4.4	5.2	5.2
20-39.....	1.6	4.0	4.3	3.5	3.6	2.3	1.1	2.9	4.6	3.8
40-59.....	0.6	2.0	5.5	3.8	4.5	1.9	1.2	3.4	5.2	3.7
60 and over.....	0.7	3.6	3.4	1.8	2.0	1.0	.7	3.5	3.0	2.4
20 and over.....	2.9	2.7	2.9	2.3	2.3	1.3	.6	2.5	3.3	2.6
Females:										
6-11.....	0.5	4.8	4.5	2.5	6.9	4.7	3.5	6.4	3.9	1.3
12-19.....	0.8	5.1	1.7	1.0	3.6	1.3	1.1	5.6	2.5	.8
20-39.....	1.9	4.6	2.5	1.1	3.5	1.2	.4	3.2	1.4	1.0
40-59.....	0.8	4.2	3.4	3.1	4.4	1.0	--	4.1	3.0	2.0
60 and over.....	1.6	4.0	2.3	.9	2.3	.9	--	3.9	3.0	2.2
20 and over.....	4.3	2.7	1.2	.9	2.3	.6	.2	2.2	1.5	1.1
All individuals.....	11.0	1.7	1.2	.8	1.4	.9	.5	1.6	1.4	1.1

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 23Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96--continued

FSP participation, sex, and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
Participating:				
Males and females:				
1-2.....	0.6	3.0	1.7	.8
3-5.....	0.8	3.7	2.3	.5
5 and under ‡ .....	1.6	2.4	1.5	.8
Males:				
6-11.....	0.5	5.3	3.5	2.0
12-19.....	0.8	5.8	3.2	1.9
20-39.....	0.8	10.4	15.9	16.7
40-59.....	0.4	5.0	2.0	1.8
60 and over.....	0.2	3.6	2.1	--
20 and over.....	1.3	6.6	10.0	10.4
Females:				
6-11.....	0.7	6.0	3.6	1.8
12-19.....	0.6	7.9	3.3	1.4
20-39.....	1.5	3.4	1.3	.7
40-59.....	0.6	4.1	1.9	.4
60 and over.....	0.5	2.5	1.6	--
20 and over.....	2.5	2.2	1.0	.4
All individuals.....	8.0	2.2	2.2	2.1
Not participating:				
Males and females:				
1-2.....	0.5	2.5	.6	.3
3-5.....	0.6	4.5	2.0	1.5
5 and under ‡ .....	1.2	1.9	1.4	1.1
Males:				
6-11.....	0.5	5.7	2.7	1.9
12-19.....	0.7	5.3	3.2	2.5
20-39.....	1.6	3.8	2.3	1.3
40-59.....	0.6	3.6	1.5	1.1
60 and over.....	0.7	1.9	.8	.6
20 and over.....	2.9	2.3	1.3	.8
Females:				
6-11.....	0.5	5.7	3.1	--
12-19.....	0.8	4.0	1.1	1.1
20-39.....	1.9	2.9	.9	.5
40-59.....	0.8	3.9	1.9	1.3
60 and over.....	1.6	2.0	.9	.3
20 and over.....	4.3	1.4	.7	.4
All individuals.....	11.0	.9	.6	.4

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 24se.--Nutrient intakes: Standard errors of mean percentages of calories from protein, fat, carbohydrate, and alcohol, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
Participating:								
Males and females:								
1-2.....	0.6	.3	.7	.4	.3	.1	1.0	*
3-5.....	0.8	.2	.4	.2	.2	.2	.4	*
5 and under ‡ .....	1.6	.2	.3	.2	.2	.1	.5	*
Males:								
6-11.....	0.5	.3	.7	.4	.4	.3	.9	*
12-19.....	0.8	.4	1.3	.7	.5	.3	1.6	0.1
20-39.....	0.7	.4	1.2	.7	.3	.3	1.3	0.7
40-59.....	0.4	1.2	2.7	.9	1.2	.6	4.1	0.6
60 and over.....	0.2	.9	1.2	.6	.5	.2	1.7	0.7
20 and over.....	1.3	.6	.5	.2	.3	.2	1.2	.5
Females:								
6-11.....	0.7	.4	.7	.4	.3	.2	.6	*
12-19.....	0.6	.6	1.0	.6	.4	.3	1.1	0.4
20-39.....	1.5	.4	.7	.3	.3	.2	.9	0.4
40-59.....	0.5	.5	.8	.7	.4	.3	.9	.2
60 and over.....	0.4	.7	1.4	.5	.7	.4	1.9	*
20 and over.....	2.5	.3	.5	.3	.3	.1	.7	0.3
All individuals.....	7.9	.2	.3	.2	.1	.1	.4	.1
Not participating:								
Males and females:								
1-2.....	0.4	.4	.7	.3	.3	.2	.9	*
3-5.....	0.7	.4	.7	.3	.3	.2	.9	*
5 and under ‡ .....	1.2	.3	.5	.2	.2	.2	.6	*
Males:								
6-11.....	0.5	.4	.8	.3	.4	.3	.9	*
12-19.....	0.7	.4	.8	.4	.4	.2	.9	0.9
20-39.....	1.7	.4	.7	.3	.3	.2	.8	.9
40-59.....	0.6	.5	.8	.3	.3	.3	.9	.6
60 and over.....	0.7	.3	.7	.3	.3	.2	.8	.2
20 and over.....	3.0	.3	.5	.2	.2	.2	.5	.6
Females:								
6-11.....	0.6	.3	.8	.3	.4	.3	1.0	*
12-19.....	0.8	.4	1.0	.4	.4	.3	1.1	0.1
20-39.....	1.9	.4	.8	.4	.4	.3	1.0	0.4
40-59.....	0.8	.5	.9	.4	.4	.3	1.1	0.1
60 and over.....	1.7	.3	.5	.2	.2	.2	.5	0.1
20 and over.....	4.3	.2	.4	.2	.2	.2	.5	0.2
All individuals.....	11.1	.2	.3	.1	.1	.1	.3	.2

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 25se.--Nutrient intakes: Standard errors of percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
	<i>Percent</i>	<i>-----Percent of individuals-----</i>		
Participating:				
Males and females:				
1-2.....	0.6	3.5	2.5	2.6
3-5.....	0.8	2.4	1.7	3.3
5 and under ‡ .....	1.6	2.1	1.4	2.4
Males:				
6-11.....	0.5	3.8	4.6	4.9
12-19.....	0.8	6.4	6.6	5.4
20-39.....	0.8	5.8	5.9	6.9
40-59.....	0.4	9.2	9.4	7.1
60 and over.....	0.2	6.5	6.3	6.4
20 and over.....	1.3	2.7	2.6	4.3
Females:				
6-11.....	0.7	5.1	4.0	6.3
12-19.....	0.6	5.9	6.1	5.0
20-39.....	1.5	3.8	4.8	2.8
40-59.....	0.6	3.6	4.4	5.7
60 and over.....	0.5	5.5	5.9	6.2
20 and over.....	2.5	2.5	3.4	2.4
All individuals.....	8.0	1.5	1.7	1.9
Not participating:				
Males and females:				
1-2.....	0.5	4.4	2.8	3.6
3-5.....	0.6	4.7	3.4	3.1
5 and under ‡ .....	1.2	3.4	2.2	2.3
Males:				
6-11.....	0.5	4.6	5.8	4.6
12-19.....	0.7	5.6	6.1	6.3
20-39.....	1.6	3.2	3.2	4.9
40-59.....	0.6	4.5	5.2	6.0
60 and over.....	0.7	3.5	4.0	3.9
20 and over.....	2.9	1.9	2.0	3.2
Females:				
6-11.....	0.5	5.5	3.7	4.2
12-19.....	0.8	5.2	5.7	5.5
20-39.....	1.9	4.9	4.8	3.6
40-59.....	0.8	4.0	4.1	4.1
60 and over.....	1.6	2.5	3.7	2.7
20 and over.....	4.3	2.5	2.7	2.0
All individuals.....	11.0	1.5	1.7	1.7

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 26Ase.—Grain products: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
----- Grams -----											
Participating:											
Males and females:											
1-2.....	0.6	11	2	6	1	5	3	2	2	1	12
3-5.....	0.8	17	3	7	3	4	3	3	2	2	12
5 and under ‡ .....	1.6	12	2	4	2	3	2	2	1	1	9
Males:											
6-11.....	0.5	29	5	15	3	9	2	7	8	1	23
12-19.....	0.8	48	7	26	4	22	5	7	6	5	42
20-39.....	0.7	52	12	19	3	18	5	21	21	5	47
40-59.....	0.4	38	11	24	3	17	15	9	8	2	36
60 and over.....	0.2	25	6	15	4	8	6	6	4	2	17
20 and over.....	1.3	33	9	15	2	12	6	11	13	3	25
Females:											
6-11.....	0.7	20	4	9	3	6	2	5	7	4	16
12-19.....	0.6	35	5	12	3	5	7	5	5	3	36
20-39.....	1.5	21	4	12	2	12	4	4	6	1	17
40-59.....	0.5	17	5	10	1	7	6	5	6	2	14
60 and over.....	0.4	25	5	14	2	3	5	7	4	2	19
20 and over.....	2.5	15	2	9	1	8	3	3	4	1	11
All individuals.....	7.9	12	2	7	1	6	2	3	3	1	10
Not participating:											
Males and females:											
1-2.....	0.4	11	2	8	2	4	2	1	3	1	12
3-5.....	0.7	33	3	20	1	9	3	2	3	1	21
5 and under ‡ .....	1.2	19	2	11	1	5	2	1	2	1	13
Males:											
6-11.....	0.5	27	6	18	5	15	8	4	5	11	18
12-19.....	0.7	39	5	15	4	8	5	10	10	3	37
20-39.....	1.7	41	6	16	3	13	7	7	5	3	31
40-59.....	0.6	27	6	18	2	14	6	5	7	3	32
60 and over.....	0.7	20	3	17	2	5	12	3	4	1	8
20 and over.....	3.0	26	4	9	2	8	5	4	3	2	19
Females:											
6-11.....	0.6	18	4	6	2	5	2	4	3	2	14
12-19.....	0.8	42	4	27	5	7	28	5	5	3	26
20-39.....	1.9	22	4	10	4	6	5	2	4	2	17
40-59.....	0.8	14	3	8	2	7	3	3	3	2	12
60 and over.....	1.7	10	3	5	2	4	3	2	4	1	7
20 and over.....	4.3	9	2	5	2	3	2	1	2	1	8
All individuals.....	11.1	10	2	5	1	4	3	2	2	1	7

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 26Bse.—Grain products: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<hr/>											
<hr/>											
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.6	1.2	3.4	2.6	2.4	3.4	1.7	2.8	3.5	2.9	3.4
3-5.....	0.8	.4	3.8	2.6	3.1	3.7	1.4	3.3	3.1	3.0	3.8
5 and under ‡ .....	1.6	1.1	2.8	2.0	2.0	2.7	1.0	2.2	2.6	2.0	2.9
Males:											
6-11.....	0.5	.9	5.7	5.2	4.2	3.6	1.8	6.8	6.0	3.8	5.0
12-19.....	0.8	.9	6.6	6.6	6.2	4.7	1.5	5.2	4.8	4.2	6.3
20-39.....	0.7	1.4	8.5	5.1	3.4	3.5	1.0	9.2	10.6	5.8	7.5
40-59.....	0.4	1.8	5.2	5.0	2.6	4.2	2.2	7.5	5.2	3.6	6.0
60 and over.....	0.2	3.0	5.6	5.5	5.2	3.4	2.6	5.8	5.7	5.6	5.1
20 and over.....	1.3	1.1	5.5	4.2	2.6	2.6	1.2	4.8	7.2	4.0	3.4
Females:											
6-11.....	0.7	.5	4.1	4.3	5.1	4.9	.9	4.9	6.0	4.2	5.8
12-19.....	0.6	2.3	4.7	5.9	4.9	2.5	3.2	4.6	4.6	3.8	5.8
20-39.....	1.5	1.4	3.6	4.7	3.3	3.7	1.4	3.3	3.3	2.5	4.1
40-59.....	0.5	3.3	4.7	4.7	2.5	3.8	2.4	4.3	5.0	2.9	4.2
60 and over.....	0.4	1.9	5.8	5.9	4.8	2.2	1.8	5.4	5.2	5.7	5.7
20 and over.....	2.5	1.1	2.5	3.4	2.2	2.8	1.1	2.6	2.5	1.8	2.9
All individuals.....	7.9	.5	1.8	2.3	1.5	2.0	.7	2.6	2.3	1.4	2.2
Not participating:											
Males and females:											
1-2.....	0.4	2.0	4.2	3.5	4.1	2.8	2.1	3.4	4.2	3.2	3.7
3-5.....	0.7	.8	4.3	2.9	2.8	3.0	1.8	3.8	3.9	4.3	3.4
5 and under ‡ .....	1.2	1.3	3.3	1.9	1.8	2.2	1.6	2.5	3.2	3.1	2.7
Males:											
6-11.....	0.5	1.7	5.4	5.9	6.5	7.0	2.8	5.3	5.8	5.9	5.6
12-19.....	0.7	2.7	5.0	5.1	4.1	2.9	1.6	5.9	4.8	4.4	6.0
20-39.....	1.7	1.1	4.8	3.3	2.8	2.3	2.3	3.2	3.2	3.4	4.7
40-59.....	0.6	.8	4.4	4.6	3.3	4.0	2.2	4.7	3.7	2.9	5.0
60 and over.....	0.7	1.1	3.6	3.2	2.9	2.1	2.0	3.1	3.6	2.7	2.4
20 and over.....	3.0	.7	3.0	1.8	1.9	1.4	1.4	2.5	2.1	2.5	3.0
Females:											
6-11.....	0.6	2.1	4.8	5.1	5.0	3.0	1.5	4.9	6.3	4.6	6.2
12-19.....	0.8	2.3	5.1	5.7	5.2	2.3	3.1	4.8	4.3	4.0	4.7
20-39.....	1.9	1.2	4.0	4.9	3.7	2.3	1.6	3.7	3.0	3.4	2.8
40-59.....	0.8	.7	3.4	3.7	2.5	2.9	1.2	3.5	4.1	3.6	3.8
60 and over.....	1.7	.9	3.3	2.7	3.1	1.3	1.2	2.3	2.7	2.4	2.4
20 and over.....	4.3	.7	2.2	2.5	1.8	1.2	.8	1.8	2.0	2.0	1.9
All individuals.....	11.1	.5	1.9	1.4	1.2	1.1	.8	1.8	1.7	1.3	1.6

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 27Ase.—Vegetables: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<hr/>											
	<i>Percent</i>	<i>Grams</i>									
<hr/>											
Participating:											
Males and females:											
1-2.....	0.6	9	3	3	1	1	3	*	1	2	6
3-5.....	0.8	10	6	3	1	1	1	1	2	3	4
5 and under ‡ .....	1.6	7	4	2	1	1	2	1	1	2	4
Males:											
6-11.....	0.5	11	7	6	*	1	2	2	2	2	8
12-19.....	0.8	35	27	9	6	5	3	2	7	5	14
20-39.....	0.7	44	10	12	26	2	9	2	3	4	15
40-59.....	0.4	24	15	6	2	5	10	2	18	20	10
60 and over.....	0.2	37	13	5	8	8	17	3	6	4	19
20 and over.....	1.3	30	7	7	14	2	5	2	6	7	9
Females:											
6-11.....	0.7	12	6	6	1	1	2	5	3	3	7
12-19.....	0.6	17	11	10	2	2	4	2	*	3	8
20-39.....	1.5	16	6	4	2	2	4	2	2	4	11
40-59.....	0.5	17	7	4	8	5	5	2	2	4	8
60 and over.....	0.4	32	8	6	7	2	6	4	4	3	19
20 and over.....	2.5	12	5	3	3	2	3	2	2	2	8
All individuals.....	7.9	10	5	2	3	1	2	1	1	2	5
<hr/>											
Not participating:											
Males and females:											
1-2.....	0.4	10	5	4	1	3	3	*	1	5	3
3-5.....	0.7	10	6	4	1	2	2	1	2	3	3
5 and under ‡ .....	1.2	6	4	3	1	2	2	*	2	2	2
Males:											
6-11.....	0.5	18	9	6	1	1	3	3	1	4	8
12-19.....	0.7	24	18	9	5	2	6	5	2	7	5
20-39.....	1.7	15	15	11	3	1	6	2	2	1	7
40-59.....	0.6	32	12	6	3	1	8	3	6	5	15
60 and over.....	0.7	16	8	1	3	3	6	1	4	3	8
20 and over.....	3.0	12	10	7	2	1	4	1	2	1	6
Females:											
6-11.....	0.6	12	6	6	3	1	5	3	4	4	2
12-19.....	0.8	14	8	5	3	1	5	4	3	5	6
20-39.....	1.9	10	7	3	3	2	6	3	2	2	6
40-59.....	0.8	14	7	3	4	2	4	2	2	2	8
60 and over.....	1.7	13	6	2	3	2	3	1	3	2	7
20 and over.....	4.3	7	5	2	2	1	3	1	1	1	4
All individuals.....	11.1	6	5	2	1	1	2	1	1	1	3

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 27Bse.--Vegetables: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<hr/>											
<i>Percent</i> ----- <i>Percent</i> -----											
Participating:											
Males and females:											
1-2.....	0.6	3.4	3.9	4.1	2.4	2.0	3.1	1.2	2.1	2.3	3.1
3-5.....	0.8	2.7	4.1	3.6	1.1	1.8	3.7	2.7	2.0	2.8	3.3
5 and under ‡ .....	1.6	2.0	2.6	2.4	1.2	1.4	2.7	1.6	1.4	1.7	2.3
Males:											
6-11.....	0.5	4.1	4.9	5.0	.8	3.6	4.8	5.7	2.9	3.3	4.9
12-19.....	0.8	5.3	6.7	5.6	2.5	2.5	5.0	3.9	3.8	3.9	5.6
20-39.....	0.7	5.0	7.4	8.7	10.5	2.5	8.7	8.8	2.1	1.9	9.9
40-59.....	0.4	6.0	6.4	4.4	1.1	2.7	4.5	4.5	4.5	4.2	5.7
60 and over.....	0.2	7.6	6.6	4.4	3.1	3.8	5.1	4.5	4.6	3.4	6.0
20 and over.....	1.3	2.5	3.8	4.9	5.9	1.8	4.8	5.8	1.8	1.7	5.9
Females:											
6-11.....	0.7	4.3	5.1	4.7	1.7	2.6	5.4	4.7	4.4	3.3	3.8
12-19.....	0.6	6.5	6.1	5.9	2.1	1.5	4.5	3.6	.9	2.8	6.5
20-39.....	1.5	3.6	4.3	3.8	1.4	1.6	3.7	3.1	2.0	3.2	4.2
40-59.....	0.5	3.7	4.2	2.6	2.6	2.9	3.6	3.1	2.0	3.9	5.2
60 and over.....	0.4	5.9	5.3	3.3	3.1	3.3	5.3	3.6	5.0	4.2	6.0
20 and over.....	2.5	2.5	3.4	2.7	1.2	1.2	2.5	2.0	1.8	2.2	2.8
All individuals.....	7.9	1.6	2.0	1.9	1.1	1.0	1.7	1.9	1.1	1.1	2.5
Not participating:											
Males and females:											
1-2.....	0.4	3.6	3.2	3.4	1.1	1.7	3.8	1.8	2.1	2.4	3.2
3-5.....	0.7	4.2	4.8	4.2	1.9	2.3	2.7	1.8	3.8	3.1	3.3
5 and under ‡ .....	1.2	2.9	2.9	2.9	1.1	1.7	2.4	1.3	2.2	2.0	2.3
Males:											
6-11.....	0.5	4.8	6.7	7.3	3.1	2.9	6.3	4.4	1.8	3.4	5.9
12-19.....	0.7	3.6	5.7	6.6	2.9	2.1	7.3	5.8	1.9	5.0	5.0
20-39.....	1.7	3.0	3.9	3.2	1.9	1.6	3.1	1.7	1.3	1.0	3.0
40-59.....	0.6	3.0	5.1	4.0	1.3	2.6	4.5	3.7	2.2	3.4	4.3
60 and over.....	0.7	2.8	3.6	1.4	2.4	1.8	3.4	2.3	2.8	2.9	2.9
20 and over.....	3.0	1.9	2.9	2.1	1.4	1.2	2.0	1.6	1.1	1.1	2.2
Females:											
6-11.....	0.6	3.4	5.8	6.9	2.6	2.8	5.6	4.5	3.7	4.3	5.5
12-19.....	0.8	4.2	5.0	4.6	1.1	2.3	5.0	5.1	2.5	3.7	5.3
20-39.....	1.9	2.8	3.2	3.0	2.0	2.8	3.7	3.7	2.3	1.5	4.6
40-59.....	0.8	3.1	3.6	3.0	1.9	2.0	4.6	3.4	1.3	2.4	3.9
60 and over.....	1.7	2.7	3.3	1.6	1.8	1.3	2.3	1.8	2.5	1.9	3.1
20 and over.....	4.3	1.7	2.3	1.6	1.1	1.4	2.0	2.0	1.5	1.2	2.4
All individuals.....	11.1	1.4	1.7	1.3	.9	.8	1.6	1.3	1.0	1.0	1.6

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 28Ase.—Fruits: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
Participating:											
Males and females:											
1-2.....	0.6	23	9	8	*	25	4	3	2	4	21
3-5.....	0.8	15	11	10	*	12	3	2	5	4	8
5 and under ‡ .....	1.6	13	7	7	*	13	2	1	3	2	10
Males:											
6-11.....	0.5	23	13	12	1	19	6	4	9	8	14
12-19.....	0.8	30	14	13	4	31	4	--	31	2	7
20-39.....	0.7	26	23	23	1	21	5	2	1	6	16
40-59.....	0.4	23	10	7	--	24	6	6	13	3	24
60 and over.....	0.2	30	12	12	4	23	5	3	24	6	20
20 and over.....	1.3	18	12	12	1	14	3	2	5	4	10
Females:											
6-11.....	0.7	24	14	12	--	16	5	2	4	6	10
12-19.....	0.6	25	22	21	--	9	4	1	6	3	7
20-39.....	1.5	15	12	12	--	8	3	3	4	4	5
40-59.....	0.5	17	8	6	*	14	3	4	10	3	6
60 and over.....	0.4	26	18	17	1	16	6	3	5	10	7
20 and over.....	2.5	11	9	8	*	6	2	2	3	3	3
All individuals.....	7.9	7	6	5	*	7	1	1	5	2	4
Not participating:											
Males and females:											
1-2.....	0.4	17	11	11	1	16	3	3	3	5	12
3-5.....	0.7	16	9	9	*	16	4	3	3	6	11
5 and under ‡ .....	1.2	12	7	7	*	12	3	2	2	4	8
Males:											
6-11.....	0.5	34	19	15	--	22	7	4	8	9	9
12-19.....	0.7	28	26	24	--	12	4	4	*	3	11
20-39.....	1.7	17	16	16	*	8	7	2	4	4	6
40-59.....	0.6	31	26	26	1	22	6	6	2	5	18
60 and over.....	0.7	10	5	4	1	8	2	3	4	5	2
20 and over.....	3.0	12	10	11	*	7	4	2	2	3	3
Females:											
6-11.....	0.6	26	23	23	1	17	10	4	4	5	15
12-19.....	0.8	21	10	10	2	19	6	5	12	7	9
20-39.....	1.9	21	14	14	*	13	2	3	10	5	6
40-59.....	0.8	19	9	9	*	18	4	5	14	7	3
60 and over.....	1.7	12	8	7	1	11	4	2	8	3	5
20 and over.....	4.3	11	7	7	*	9	2	2	7	3	3
All individuals.....	11.1	7	5	5	*	5	2	1	3	2	3

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 28Bse.--Fruits: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent ----- Percent -----											
Participating:											
Males and females:											
1-2.....	0.6	3.2	3.4	3.2	.9	4.4	2.7	2.4	1.1	2.8	3.5
3-5.....	0.8	3.9	3.5	3.4	1.5	4.2	2.5	2.5	1.7	2.7	3.1
5 and under ‡ .....	1.6	2.6	2.3	2.2	.9	3.3	1.9	1.6	1.0	1.8	2.7
Males:											
6-11.....	0.5	5.8	4.7	4.2	1.3	5.8	3.7	2.9	1.5	5.1	4.3
12-19.....	0.8	5.4	4.4	3.9	2.1	5.4	2.1	--	4.3	1.7	3.0
20-39.....	0.7	9.1	9.2	9.3	1.0	4.5	2.6	1.3	1.3	2.3	2.7
40-59.....	0.4	4.0	2.5	2.3	--	4.3	2.0	1.4	1.8	1.7	4.9
60 and over.....	0.2	7.2	6.0	5.9	1.7	6.7	3.1	1.7	3.0	3.0	5.3
20 and over.....	1.3	5.5	4.6	4.8	.8	2.7	1.7	.8	1.0	1.5	1.8
Females:											
6-11.....	0.7	6.8	5.2	4.8	--	6.7	3.9	2.0	1.8	4.7	3.0
12-19.....	0.6	5.9	4.6	3.6	--	4.1	1.9	.6	1.6	3.0	1.7
20-39.....	1.5	3.9	3.5	3.0	--	3.3	1.4	1.9	1.6	2.0	1.7
40-59.....	0.5	4.2	3.4	3.2	.5	3.2	1.9	2.6	2.3	2.4	2.2
60 and over.....	0.4	7.5	5.2	4.0	1.8	6.5	4.0	3.4	2.1	3.7	3.4
20 and over.....	2.5	2.6	2.4	2.1	.3	2.2	1.1	1.3	1.1	1.5	1.2
All individuals.....	7.9	1.7	1.7	1.6	.3	1.8	.8	.7	.9	1.1	1.2
Not participating:											
Males and females:											
1-2.....	0.4	2.9	3.6	2.9	1.8	3.5	2.6	3.1	1.4	3.6	3.1
3-5.....	0.7	2.5	3.1	3.5	1.2	3.4	3.1	2.1	1.8	3.1	2.7
5 and under ‡ .....	1.2	1.9	2.3	2.4	1.1	2.4	2.3	1.7	1.2	2.2	2.1
Males:											
6-11.....	0.5	6.0	5.6	4.5	--	5.4	4.8	3.1	1.6	4.8	2.7
12-19.....	0.7	5.6	4.6	4.4	--	4.3	2.7	2.9	.8	2.5	2.8
20-39.....	1.7	3.2	2.9	3.0	.2	2.9	2.1	.9	2.2	2.4	1.1
40-59.....	0.6	4.8	5.4	5.1	2.1	4.3	2.2	2.8	.9	2.5	2.2
60 and over.....	0.7	4.0	2.7	2.1	1.0	3.3	.8	2.4	1.9	2.4	.8
20 and over.....	3.0	2.1	1.8	2.0	.5	2.0	1.1	.9	1.3	1.4	.7
Females:											
6-11.....	0.6	6.2	6.4	6.5	2.0	6.3	5.6	3.3	2.0	4.2	2.6
12-19.....	0.8	6.1	3.9	2.7	2.7	6.1	4.0	2.8	2.5	3.8	2.3
20-39.....	1.9	3.9	3.4	3.0	.5	3.2	1.8	2.0	1.6	2.7	1.3
40-59.....	0.8	3.2	3.2	2.9	1.2	3.9	1.8	3.0	3.2	3.3	1.1
60 and over.....	1.7	3.1	3.2	3.0	1.2	2.5	2.2	1.8	1.7	2.2	1.1
20 and over.....	4.3	2.3	1.9	1.7	.6	2.1	1.3	1.3	1.3	1.5	.8
All individuals.....	11.1	1.3	1.1	1.1	.4	1.1	.7	.8	.8	1.0	.6

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 29Ase.—Milk and milk products: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese					
			Total	Fluid milk				Yogurt							
				Total	Whole	Low fat	Skim								
Percent												Grams			
Participating:															
Males and females:															
1-2.....	0.6	25	25	26	34	19	1	1	5	2					
3-5.....	0.8	19	20	19	18	17	5	2	4	2					
5 and under ‡ .....	1.6	15	16	18	18	12	3	1	3	1					
Males:															
6-11.....	0.5	48	48	43	27	36	11	*	6	3					
12-19.....	0.8	88	88	89	45	50	3	--	5	2					
20-39.....	0.7	127	76	38	37	27	--	1	47	4					
40-59.....	0.4	38	31	31	14	20	1	--	9	8					
60 and over.....	0.2	31	29	25	19	20	6	6	6	3					
20 and over.....	1.3	68	41	23	20	19	1	1	26	2					
Females:															
6-11.....	0.7	25	21	19	24	17	1	3	9	3					
12-19.....	0.6	51	50	49	47	10	--	3	11	3					
20-39.....	1.5	18	18	18	16	8	4	2	5	2					
40-59.....	0.5	19	17	16	16	12	10	2	4	3					
60 and over.....	0.4	22	22	15	12	9	6	9	5	3					
20 and over.....	2.5	10	10	11	10	5	3	2	3	1					
All individuals.....	7.9	16	13	12	9	8	1	1	5	1					
Not participating:															
Males and females:															
1-2.....	0.4	24	24	24	21	22	4	1	3	2					
3-5.....	0.7	28	29	30	17	16	37	1	5	2					
5 and under ‡ .....	1.2	17	18	20	15	12	21	1	3	1					
Males:															
6-11.....	0.5	38	36	35	34	26	5	2	10	2					
12-19.....	0.7	37	35	30	20	28	26	3	12	6					
20-39.....	1.7	25	21	21	16	21	13	2	7	3					
40-59.....	0.6	26	24	26	19	16	6	2	10	3					
60 and over.....	0.7	16	14	15	13	11	4	1	3	1					
20 and over.....	3.0	17	14	14	11	11	7	1	5	2					
Females:															
6-11.....	0.6	39	35	26	22	17	9	--	5	3					
12-19.....	0.8	33	32	31	24	17	13	2	6	6					
20-39.....	1.9	18	17	19	17	12	9	2	4	3					
40-59.....	0.8	26	22	18	13	10	6	9	6	3					
60 and over.....	1.7	12	12	13	6	11	9	2	3	2					
20 and over.....	4.3	10	10	10	9	7	6	2	2	1					
All individuals.....	11.1	10	9	9	8	7	4	1	2	1					

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 29Bse.--Milk and milk products: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.6	2.0	2.2	2.4	4.4	4.1	.5	.8	2.4	3.4	
3-5.....	0.8	2.1	2.5	2.7	4.1	3.3	1.6	1.0	3.3	3.2	
5 and under ‡ .....	1.6	1.5	1.6	2.4	2.9	2.4	.9	.6	2.4	2.3	
Males:											
6-11.....	0.5	2.5	3.9	4.7	6.3	5.7	2.4	1.1	4.6	3.7	
12-19.....	0.8	4.5	6.0	6.0	5.3	6.1	.5	--	2.7	4.4	
20-39.....	0.7	7.1	7.9	8.5	9.8	4.8	--	.6	10.5	4.0	
40-59.....	0.4	6.2	7.2	7.2	5.3	3.4	.7	--	2.8	4.0	
60 and over.....	0.2	5.4	6.7	6.4	5.2	4.6	2.6	2.3	3.6	3.7	
20 and over.....	1.3	3.6	3.5	4.0	4.8	3.6	.4	.4	5.7	2.2	
Females:											
6-11.....	0.7	2.6	3.4	3.6	4.8	6.4	.9	1.5	5.7	3.7	
12-19.....	0.6	5.1	4.9	4.6	4.3	2.9	--	1.2	4.3	4.9	
20-39.....	1.5	3.8	3.5	3.8	3.3	2.4	.8	1.1	1.8	3.6	
40-59.....	0.5	4.2	4.2	4.2	4.5	3.0	1.9	1.1	2.3	3.8	
60 and over.....	0.4	4.9	5.5	5.8	5.0	3.5	3.4	2.4	4.7	5.2	
20 and over.....	2.5	2.9	2.6	2.7	2.1	1.6	.9	1.0	1.5	2.3	
All individuals.....	7.9	1.3	1.6	1.7	1.8	1.4	.3	.4	1.8	1.5	
Not participating:											
Males and females:											
1-2.....	0.4	1.6	2.6	2.8	3.4	3.2	.9	.9	2.6	4.0	
3-5.....	0.7	2.1	3.3	3.3	4.5	3.7	2.5	.6	4.2	4.3	
5 and under ‡ .....	1.2	1.2	2.1	2.4	3.2	2.7	1.5	.5	2.6	3.0	
Males:											
6-11.....	0.5	4.2	5.7	6.3	7.5	7.4	1.5	.9	5.1	4.2	
12-19.....	0.7	4.2	4.5	5.0	5.1	5.0	2.7	.7	3.2	6.5	
20-39.....	1.7	3.2	3.1	3.2	2.9	3.1	1.7	.7	2.1	3.5	
40-59.....	0.6	5.3	4.7	5.4	3.8	3.5	1.6	.8	2.8	3.0	
60 and over.....	0.7	2.7	3.3	3.1	2.8	3.1	1.4	.3	2.3	3.0	
20 and over.....	3.0	2.1	2.0	2.2	2.0	2.0	1.0	.5	1.7	2.0	
Females:											
6-11.....	0.6	5.7	5.8	4.2	5.4	5.1	2.3	--	3.3	5.1	
12-19.....	0.8	5.9	6.4	6.4	4.7	4.5	2.8	.9	2.8	4.5	
20-39.....	1.9	3.0	3.2	4.0	4.7	3.2	1.6	1.1	2.0	3.4	
40-59.....	0.8	3.3	4.5	3.7	3.2	2.8	2.5	2.6	3.5	4.8	
60 and over.....	1.7	2.8	3.8	3.9	2.8	3.1	2.5	.7	2.1	2.0	
20 and over.....	4.3	1.3	1.8	2.2	2.6	1.7	1.5	.8	1.3	1.7	
All individuals.....	11.1	1.2	1.5	1.5	2.1	1.7	.9	.4	1.2	1.3	

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 30Ase.--Meat, poultry, and fish: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
Percent ----- Grams -----											
Participating:											
Males and females:											
1-2.....	0.6	9	2	2	--	*	3	2	2	2	6
3-5.....	0.8	7	3	1	--	*	3	2	2	1	5
5 and under ‡ .....	1.6	5	2	1	*	*	2	2	1	1	3
Males:											
6-11.....	0.5	12	5	4	1	--	5	5	6	7	9
12-19.....	0.8	20	13	8	--	--	17	10	9	7	25
20-39.....	0.7	96	51	5	1	5	10	8	9	24	38
40-59.....	0.4	38	5	6	--	3	17	19	19	3	22
60 and over.....	0.2	24	7	6	--	3	5	8	8	3	21
20 and over.....	1.3	47	29	4	*	3	7	7	8	14	21
Females:											
6-11.....	0.7	10	10	3	*	1	3	5	4	3	7
12-19.....	0.6	27	4	3	--	*	4	7	7	4	24
20-39.....	1.5	13	4	5	1	*	4	5	5	4	12
40-59.....	0.5	14	4	5	1	--	4	7	7	4	14
60 and over.....	0.4	17	4	3	1	2	6	6	6	5	16
20 and over.....	2.5	9	3	3	1	*	3	4	4	3	9
All individuals.....	7.9	11	6	2	*	*	2	2	2	3	6
Not participating:											
Males and females:											
1-2.....	0.4	9	2	2	*	--	2	3	2	2	6
3-5.....	0.7	12	3	2	*	1	3	3	2	2	12
5 and under ‡ .....	1.2	8	2	1	*	*	2	2	2	1	7
Males:											
6-11.....	0.5	18	5	3	--	--	5	4	3	1	18
12-19.....	0.7	23	5	6	*	--	4	6	7	6	20
20-39.....	1.7	17	5	3	1	--	3	5	5	4	13
40-59.....	0.6	13	8	13	2	1	5	5	5	3	18
60 and over.....	0.7	13	3	3	1	*	3	3	3	5	14
20 and over.....	3.0	9	4	4	*	*	2	3	3	2	7
Females:											
6-11.....	0.6	19	6	2	--	1	5	4	4	4	18
12-19.....	0.8	28	5	3	--	--	5	4	4	4	30
20-39.....	1.9	13	3	2	--	--	4	3	3	8	10
40-59.....	0.8	20	5	2	1	--	4	5	5	4	17
60 and over.....	1.7	7	2	1	*	*	2	3	3	2	7
20 and over.....	4.3	8	2	1	*	*	2	2	2	3	6
All individuals.....	11.1	6	2	1	*	*	2	1	2	2	5

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 30Bse.—Meat, poultry, and fish: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<hr/>											
<i>Percent ----- Percent -----</i>											
Participating:											
Males and females:											
1-2.....	0.6	3.1	3.0	2.4	--	.3	4.0	3.0	3.1	2.5	3.9
3-5.....	0.8	1.9	2.8	2.3	--	.4	2.9	3.0	2.7	1.9	3.5
5 and under ‡ .....	1.6	1.8	1.9	1.6	.2	.4	2.6	2.1	1.9	1.4	2.6
Males:											
6-11.....	0.5	3.2	3.8	4.4	.8	--	5.0	4.1	4.7	3.5	3.7
12-19.....	0.8	3.3	5.7	4.9	--	--	5.5	4.4	4.6	2.3	5.6
20-39.....	0.7	2.4	10.6	3.2	1.5	1.0	8.3	4.4	4.6	10.7	8.6
40-59.....	0.4	7.3	3.6	5.5	--	4.8	8.7	4.8	5.0	2.4	5.0
60 and over.....	0.2	2.7	5.3	7.9	--	2.1	5.2	6.8	6.5	2.2	6.4
20 and over.....	1.3	2.2	6.1	2.7	.8	1.6	3.9	2.6	2.9	6.2	4.5
Females:											
6-11.....	0.7	4.1	4.3	4.1	.6	.8	4.3	4.1	3.7	2.6	4.8
12-19.....	0.6	4.6	4.3	3.0	--	1.0	5.2	5.2	5.2	1.8	5.7
20-39.....	1.5	2.4	3.5	3.2	.7	.4	3.1	3.0	2.9	1.7	3.3
40-59.....	0.5	2.9	3.4	4.7	.5	--	4.0	4.1	4.0	1.7	4.1
60 and over.....	0.4	5.0	5.2	4.8	1.2	1.7	3.7	5.3	5.4	2.8	4.3
20 and over.....	2.5	1.8	2.4	2.8	.5	.4	2.3	2.4	2.4	1.3	2.5
All individuals.....	7.9	1.0	1.9	1.7	.2	.3	1.6	1.3	1.4	1.3	1.4
Not participating:											
Males and females:											
1-2.....	0.4	3.6	2.6	3.0	.4	--	3.2	3.2	2.9	1.6	3.2
3-5.....	0.7	2.3	3.7	3.1	.6	.6	4.2	3.6	3.2	1.8	4.4
5 and under ‡ .....	1.2	2.2	2.3	2.0	.4	.3	2.7	2.4	2.1	1.1	2.4
Males:											
6-11.....	0.5	4.3	4.6	3.6	--	--	5.0	4.5	4.4	.7	6.6
12-19.....	0.7	3.7	4.7	5.8	.6	--	5.2	6.0	5.5	3.1	4.2
20-39.....	1.7	2.8	2.7	3.1	.3	--	2.9	3.4	3.0	1.7	2.7
40-59.....	0.6	1.4	4.2	6.9	.6	.9	4.8	2.9	3.1	2.1	4.4
60 and over.....	0.7	2.4	2.5	2.3	1.4	1.1	3.3	2.2	2.3	2.2	3.6
20 and over.....	3.0	1.8	1.8	2.3	.4	.3	2.1	2.0	1.9	1.0	2.0
Females:											
6-11.....	0.6	3.2	5.6	2.9	--	1.1	4.8	4.4	4.1	4.4	6.5
12-19.....	0.8	4.0	4.6	4.0	--	--	4.2	4.4	4.1	3.0	5.1
20-39.....	1.9	3.1	2.5	2.4	--	--	3.6	2.2	2.4	2.3	3.0
40-59.....	0.8	2.2	3.1	3.1	.4	--	2.6	4.3	3.8	2.5	3.5
60 and over.....	1.7	1.6	1.9	2.4	.6	.6	3.0	2.6	2.4	1.4	3.1
20 and over.....	4.3	1.6	1.6	1.5	.3	.2	2.2	1.6	1.7	1.2	1.9
All individuals.....	11.1	1.3	1.5	1.5	.2	.2	1.5	1.2	1.2	.8	1.5

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 31Ase.—Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>				<i>Grams</i>					
Participating:										
Males and females:										
1-2.....	0.6	2	4	*	*	*	*	2	*	1
3-5.....	0.8	2	2	1	1	*	1	3	*	2
5 and under ‡ .....	1.6	1	4	*	*	*	*	2	*	1
Males:										
6-11.....	0.5	3	12	1	2	1	1	8	*	3
12-19.....	0.8	8	6	2	2	*	1	6	1	4
20-39.....	0.7	12	13	2	18	10	2	33	1	2
40-59.....	0.4	5	14	3	3	2	1	6	8	1
60 and over.....	0.2	6	13	1	2	1	1	3	2	3
20 and over.....	1.3	8	8	2	10	6	1	18	2	1
Females:										
6-11.....	0.7	5	4	1	2	*	2	10	1	2
12-19.....	0.6	4	10	*	2	1	2	5	1	2
20-39.....	1.5	3	4	3	2	1	2	2	1	1
40-59.....	0.5	3	5	1	2	1	1	5	2	2
60 and over.....	0.4	4	6	*	2	*	2	5	1	1
20 and over.....	2.5	1	3	2	1	*	1	2	1	1
All individuals.....	7.9	2	3	1	2	1	1	4	*	1
Not participating:										
Males and females:										
1-2.....	0.4	3	4	1	*	*	*	2	*	1
3-5.....	0.7	2	3	1	*	*	*	4	*	2
5 and under ‡ .....	1.2	2	6	1	*	*	*	2	*	1
Males:										
6-11.....	0.5	3	4	3	1	*	1	7	1	4
12-19.....	0.7	10	15	1	3	1	2	6	1	3
20-39.....	1.7	10	12	2	2	1	1	6	1	3
40-59.....	0.6	7	14	2	3	1	2	4	2	3
60 and over.....	0.7	2	7	1	1	1	1	3	1	1
20 and over.....	3.0	6	9	1	1	1	1	4	1	2
Females:										
6-11.....	0.6	4	9	1	2	*	2	8	*	4
12-19.....	0.8	5	5	2	2	1	1	9	1	2
20-39.....	1.9	3	6	1	2	*	2	4	2	1
40-59.....	0.8	4	7	1	2	1	1	3	1	2
60 and over.....	1.7	3	8	*	1	1	1	2	*	1
20 and over.....	4.3	2	5	1	1	*	1	2	1	1
All individuals.....	11.1	2	4	1	1	*	1	2	*	1

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 31Bse.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Percent</i> -----										
Participating:										
Males and females:										
1-2.....	0.6	2.6	2.7	2.3	3.4	2.9	2.4	3.0	2.7	2.4
3-5.....	0.8	3.3	1.9	2.9	3.5	2.7	2.6	3.1	3.1	2.7
5 and under ‡ .....	1.6	2.4	1.4	1.6	2.4	2.0	1.6	2.2	2.0	1.8
Males:										
6-11.....	0.5	4.1	4.8	3.1	5.0	4.7	4.4	5.0	4.3	4.2
12-19.....	0.8	5.3	3.7	2.1	5.8	5.5	4.0	6.5	4.9	3.8
20-39.....	0.7	9.7	4.4	1.9	7.0	8.2	4.4	8.1	8.6	2.9
40-59.....	0.4	5.4	4.3	5.0	7.4	5.2	3.9	5.2	6.0	4.4
60 and over.....	0.2	6.9	4.5	2.9	8.3	7.9	5.5	5.6	6.5	2.7
20 and over.....	1.3	6.7	3.1	2.8	3.6	3.9	3.3	4.1	3.8	2.1
Females:										
6-11.....	0.7	6.8	4.0	2.7	5.8	3.6	5.0	4.6	4.3	3.2
12-19.....	0.6	4.8	4.5	2.1	6.3	3.8	5.6	6.3	4.8	4.0
20-39.....	1.5	2.8	2.7	1.1	4.8	3.4	3.0	2.8	2.7	2.1
40-59.....	0.5	3.4	4.1	1.9	3.7	3.9	3.5	4.7	4.4	2.9
60 and over.....	0.4	6.0	4.7	3.2	4.4	5.0	4.1	4.9	5.3	4.3
20 and over.....	2.5	2.1	2.1	1.0	3.2	2.5	1.9	2.0	2.1	1.7
All individuals.....	7.9	1.6	1.6	.8	2.3	1.7	1.6	1.5	2.0	1.1
Not participating:										
Males and females:										
1-2.....	0.4	4.0	2.7	3.0	2.8	2.5	2.3	3.3	1.8	3.1
3-5.....	0.7	2.9	2.6	2.6	3.9	3.9	2.9	5.9	3.4	4.0
5 and under ‡ .....	1.2	2.5	2.0	2.1	2.5	2.6	1.9	3.2	1.9	2.2
Males:										
6-11.....	0.5	4.1	3.9	4.3	5.0	4.2	4.2	6.8	5.7	5.0
12-19.....	0.7	4.2	4.7	2.6	6.7	6.0	5.5	4.9	4.5	3.8
20-39.....	1.7	4.2	3.1	1.9	3.5	2.6	2.7	3.9	3.4	2.6
40-59.....	0.6	4.6	3.7	2.1	3.7	4.0	3.7	5.8	4.6	3.4
60 and over.....	0.7	3.0	2.3	1.7	3.3	2.9	2.6	3.1	3.9	1.4
20 and over.....	3.0	2.7	2.2	1.2	2.2	2.1	1.8	2.7	2.4	1.6
Females:										
6-11.....	0.6	4.0	4.6	4.4	6.2	5.6	4.4	6.3	4.0	6.4
12-19.....	0.8	4.3	3.3	2.1	5.4	5.7	5.4	6.9	3.8	3.2
20-39.....	1.9	2.8	3.3	2.1	3.5	2.9	3.4	3.5	4.6	2.5
40-59.....	0.8	4.1	3.5	1.3	4.0	3.9	2.9	3.1	3.6	2.8
60 and over.....	1.7	2.2	1.9	1.4	4.3	3.8	2.0	3.5	3.5	2.1
20 and over.....	4.3	1.6	1.9	1.2	2.3	1.9	1.9	2.1	2.3	1.5
All individuals.....	11.1	1.2	1.7	1.0	1.8	1.7	1.3	1.5	1.3	1.3

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 32Ase.--Beverages: Standard errors of mean quantities (in grams) consumed per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic																							
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks																	
									Total	Regular	Low calorie	Total	Regular	Low calorie															
Percent															Grams														
Participating:																													
Males and females:																													
1-2.....	0.6	18	--	--	--	18	1	5	17	16	6	7	7	2															
3-5.....	0.8	20	--	--	--	20	1	3	16	17	3	11	10	3															
5 and under ‡ .....	1.6	13	--	--	--	13	*	2	12	11	3	7	6	2															
Males:																													
6-11.....	0.5	48	--	--	--	48	2	12	33	31	5	31	32	1															
12-19.....	0.8	112	14	--	14	111	7	107	46	47	9	51	51	6															
20-39.....	0.7	94	99	--	99	69	50	52	38	38	4	61	64	13															
40-59.....	0.4	121	66	--	64	116	121	72	191	192	8	61	57	15															
60 and over.....	0.2	117	45	--	44	102	74	59	23	23	7	32	27	20															
20 and over.....	1.3	69	65	--	64	55	45	43	60	61	4	38	41	10															
Females:																													
6-11.....	0.7	30	--	--	--	30	1	5	25	24	7	19	18	2															
12-19.....	0.6	69	3	--	--	69	12	60	33	32	10	59	59	3															
20-39.....	1.5	89	29	5	23	79	33	23	22	21	8	65	61	18															
40-59.....	0.5	100	14	10	11	102	100	43	48	45	17	34	31	23															
60 and over.....	0.4	58	--	--	--	58	43	51	27	27	5	15	12	12															
20 and over.....	2.5	63	19	4	15	59	35	21	20	20	6	40	40	12															
All individuals.....	7.9	38	12	1	11	35	17	17	15	16	3	18	17	5															
Not participating:																													
Males and females:																													
1-2.....	0.4	17	--	--	--	17	0	7	10	9	2	8	8	2															
3-5.....	0.7	25	--	--	--	25	1	13	21	21	1	12	12	2															
5 and under ‡ .....	1.2	13	--	--	--	13	*	7	11	11	1	7	7	1															
Males:																													
6-11.....	0.5	47	--	--	--	47	5	10	34	30	9	32	32	*															
12-19.....	0.7	127	48	2	35	118	14	39	60	54	8	94	94	7															
20-39.....	1.7	130	155	2	150	74	50	29	28	30	14	41	40	22															
40-59.....	0.6	139	52	5	51	134	104	41	20	17	11	41	41	25															
60 and over.....	0.7	35	9	1	9	36	29	18	9	9	2	20	17	10															
20 and over.....	3.0	85	92	1	89	48	33	19	18	17	8	25	25	12															
Females:																													
6-11.....	0.6	51	--	--	--	51	0	32	30	31	4	54	53	5															
12-19.....	0.8	54	6	2	6	52	7	22	27	27	6	44	46	14															
20-39.....	1.9	51	22	3	19	49	27	29	23	23	2	31	29	20															
40-59.....	0.8	65	6	4	4	66	45	27	16	13	9	30	28	19															
60 and over.....	1.7	29	2	*	2	28	25	16	12	11	3	12	11	5															
20 and over.....	4.3	24	10	1	8	22	21	12	12	11	2	18	15	11															
All individuals.....	11.1	30	27	1	26	18	12	8	9	8	3	14	13	6															

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 32Bse.--Beverages: Standard errors of percentages of individuals consuming, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Percent											
Participating:														
Males and females:														
1-2.....	0.6	3.0	--	--	--	3.0	.5	1.7	3.5	3.5	1.0	2.9	3.0	.7
3-5.....	0.8	2.9	--	--	--	2.9	.6	1.2	3.4	3.6	1.2	3.5	3.3	1.3
5 and under ‡ .....	1.6	2.2	--	--	--	2.2	.4	.9	2.5	2.6	.9	2.2	2.0	.8
Males:														
6-11.....	0.5	6.4	--	--	--	6.4	2.1	1.9	7.1	7.0	1.3	5.0	5.2	.5
12-19.....	0.8	4.6	.7	--	.7	4.6	3.1	3.7	6.1	6.1	1.7	5.5	5.4	1.0
20-39.....	0.7	3.3	3.3	--	3.2	3.7	8.9	8.6	3.3	3.1	1.2	8.3	9.1	1.9
40-59.....	0.4	4.6	3.4	--	3.4	4.9	9.5	3.7	11.1	11.2	1.1	5.8	5.1	1.5
60 and over.....	0.2	4.1	3.6	--	2.0	4.1	7.3	5.4	5.0	5.0	1.1	6.1	4.1	4.9
20 and over.....	1.3	2.9	2.2	--	2.1	3.2	3.3	5.9	3.4	3.5	.9	4.7	5.4	1.5
Females:														
6-11.....	0.7	4.9	--	--	--	4.9	1.0	2.5	5.3	4.8	2.0	4.5	4.6	1.1
12-19.....	0.6	3.4	2.0	--	--	3.4	3.6	3.2	6.1	6.0	1.7	7.1	7.1	.8
20-39.....	1.5	2.5	2.0	.7	1.5	2.5	4.2	3.3	3.8	4.0	1.1	3.9	3.8	1.7
40-59.....	0.5	2.0	1.8	1.3	1.3	1.9	5.0	3.2	3.0	2.6	.9	3.9	4.0	2.1
60 and over.....	0.4	3.0	--	--	--	3.0	5.7	6.1	6.1	6.1	.9	4.1	3.5	3.0
20 and over.....	2.5	1.8	1.4	.6	1.0	1.8	3.4	2.5	2.9	3.1	.7	2.8	3.0	1.4
All individuals.....	7.9	1.6	.6	.2	.5	1.6	1.7	1.6	2.1	2.3	.7	1.7	1.8	.6
Not participating:														
Males and females:														
1-2.....	0.4	3.3	--	--	--	3.3	--	2.0	2.6	2.9	.7	3.4	3.3	.9
3-5.....	0.7	3.2	--	--	--	3.2	1.0	2.4	4.1	4.2	.5	3.5	3.6	1.0
5 and under ‡ .....	1.2	2.5	--	--	--	2.5	.5	1.5	2.5	2.7	.4	2.6	2.7	.6
Males:														
6-11.....	0.5	4.8	--	--	--	4.8	2.1	3.2	6.9	6.7	1.8	6.5	6.7	1.1
12-19.....	0.7	3.0	2.8	1.5	2.3	2.7	4.0	5.2	6.3	5.3	2.1	5.4	5.5	1.6
20-39.....	1.7	2.3	4.5	.8	4.6	3.2	5.0	3.3	3.4	3.2	1.1	4.0	4.0	1.7
40-59.....	0.6	2.7	3.1	.8	2.3	3.3	6.4	3.4	3.4	3.0	1.1	4.7	5.1	1.7
60 and over.....	0.7	1.6	1.4	.5	1.0	2.0	3.5	2.6	2.0	2.1	.6	3.1	3.0	1.6
20 and over.....	3.0	1.5	2.9	.5	2.9	2.1	3.8	2.2	2.1	2.0	.6	2.7	2.9	1.1
Females:														
6-11.....	0.6	4.8	--	--	--	4.8	--	4.0	6.4	6.4	.5	6.0	5.9	1.9
12-19.....	0.8	3.2	2.0	1.2	1.5	3.2	2.4	4.2	4.8	4.6	1.8	5.6	6.0	3.1
20-39.....	1.9	1.8	1.8	.9	1.4	2.1	4.0	2.5	3.3	3.4	.8	3.7	3.2	3.1
40-59.....	0.8	2.5	1.2	.9	.7	2.5	3.5	3.8	3.1	2.4	1.9	3.5	3.6	2.5
60 and over.....	1.7	2.4	.8	.4	.5	2.4	3.1	3.1	2.2	2.1	.7	2.5	2.2	1.4
20 and over.....	4.3	1.3	1.0	.4	.7	1.3	2.6	1.7	1.9	1.9	.6	2.3	2.0	1.7
All individuals.....	11.1	.8	1.1	.3	1.0	.9	1.8	1.2	1.4	1.3	.4	1.1	1.3	.9

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 33Ase.--Grain group: Standard errors of mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
Participating:				
Males:				
2-5.....	0.7	.2	.1	.2
6-11.....	0.6	.3	.1	.3
12-19.....	0.8	.4	.2	.4
20-39.....	0.8	3.2	.1	3.3
40-59.....	0.4	.4	.2	.4
60 and over.....	0.2	.4	.1	.4
20 and over.....	1.4	2.1	.1	2.1
Females:				
2-5.....	0.5	.2	.1	.2
6-11.....	0.7	.2	.1	.2
12-19.....	0.6	.4	.1	.3
20-39.....	1.5	.2	.1	.2
40-59.....	0.6	.2	.1	.2
60 and over.....	0.5	.2	.1	.2
20 and over.....	2.6	.1	*	.1
All individuals 2 and over.....	7.8	.4	*	.5
Not participating:				
Males:				
2-5.....	0.4	.3	.1	.3
6-11.....	0.5	.4	.1	.4
12-19.....	0.7	.4	.2	.4
20-39.....	1.7	.4	.1	.4
40-59.....	0.6	.3	.1	.3
60 and over.....	0.7	.3	.1	.3
20 and over.....	3.0	.3	.1	.3
Females:				
2-5.....	0.5	.2	.1	.2
6-11.....	0.5	.2	.1	.2
12-19.....	0.8	.4	.1	.4
20-39.....	1.9	.3	.2	.2
40-59.....	0.8	.2	.1	.2
60 and over.....	1.7	.2	.1	.2
20 and over.....	4.4	.1	.1	.1
All individuals 2 and over.....	11.0	.1	*	.1

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 33Bse.--Grain group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Participating:				
Males:				
2-5.....	0.7	--	4	4
6-11.....	0.6	1	6	6
12-19.....	0.8	--	5	7
20-39.....	0.8	--	8	13
40-59.....	0.4	1	6	7
60 and over.....	0.2	1	6	6
20 and over.....	1.4	*	7	7
Females:				
2-5.....	0.5	--	5	5
6-11.....	0.7	1	6	5
12-19.....	0.6	1	6	6
20-39.....	1.5	1	4	3
40-59.....	0.6	2	4	4
60 and over.....	0.5	1	5	5
20 and over.....	2.6	1	2	2
All individuals 2 and over.....	7.8	*	2	2
Not participating:				
Males:				
2-5.....	0.4	1	6	6
6-11.....	0.5	1	6	7
12-19.....	0.7	1	5	7
20-39.....	1.7	1	3	4
40-59.....	0.6	1	5	7
60 and over.....	0.7	*	4	4
20 and over.....	3.0	*	2	3
Females:				
2-5.....	0.5	1	5	5
6-11.....	0.5	--	4	4
12-19.....	0.8	--	5	6
20-39.....	1.9	1	4	4
40-59.....	0.8	1	4	4
60 and over.....	1.7	1	3	3
20 and over.....	4.4	1	2	2
All individuals 2 and over.....	11.0	*	2	2

‡ See "Table notes."

-- Estimated percent is zero

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 34Ase.--Vegetable group: Standard errors of mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<hr/>									
	Percent	----- Servings ‡-----							
Participating:									
Males:									
2-5.....	0.7	.1	*	*	*	.1	*	*	*
6-11.....	0.6	.2	*	*	.1	.1	*	*	.1
12-19.....	0.8	.3	.1	*	.1	.2	.1	*	.2
20-39.....	0.8	.7	.2	*	.1	.2	.1	.1	.3
40-59.....	0.4	.4	*	*	.1	.1	.2	.1	.2
60 and over.....	0.2	.3	.1	*	.1	.1	*	.1	.1
20 and over.....	1.4	.5	.1	*	*	.2	.1	.1	.3
Females:									
2-5.....	0.5	.1	*	*	*	.1	*	*	*
6-11.....	0.7	.2	*	*	*	.1	*	*	.1
12-19.....	0.6	.2	*	*	.1	.2	*	.1	.1
20-39.....	1.5	.2	*	*	*	.1	*	*	.1
40-59.....	0.6	.2	.1	*	*	.1	*	*	.1
60 and over.....	0.5	.3	.1	.1	.1	.1	.1	*	.1
20 and over.....	2.6	.1	*	*	*	.1	*	*	.1
All individuals 2 and over.....	7.8	.2	*	*	*	.1	*	*	.1
Not participating:									
Males:									
2-5.....	0.4	.1	*	*	.1	.1	*	*	*
6-11.....	0.5	.3	*	.1	*	.1	.1	*	.1
12-19.....	0.7	.3	*	*	.1	.2	.1	*	.1
20-39.....	1.7	.3	*	*	.1	.2	*	.1	.1
40-59.....	0.6	.4	*	*	.1	.1	.1	.1	.1
60 and over.....	0.7	.1	*	*	.1	.1	*	*	.1
20 and over.....	3.0	.2	*	*	.1	.1	*	*	.1
Females:									
2-5.....	0.5	.1	*	*	*	.1	*	*	*
6-11.....	0.5	.2	*	*	.1	.1	*	*	.1
12-19.....	0.8	.2	*	*	*	.1	*	.1	.1
20-39.....	1.9	.1	*	*	*	.1	*	*	.1
40-59.....	0.8	.1	*	*	*	.1	*	*	.1
60 and over.....	1.7	.1	*	*	*	.1	*	*	.1
20 and over.....	4.4	.1	*	*	*	*	*	*	*
All individuals 2 and over.....	11.0	.1	*	*	*	.1	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 34Bse.--Vegetable group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Participating:				
Males:				
2-5.....	0.7	3	3	3
6-11.....	0.6	4	5	5
12-19.....	0.8	3	4	6
20-39.....	0.8	4	8	11
40-59.....	0.4	4	7	8
60 and over.....	0.2	8	5	5
20 and over.....	1.4	3	7	9
Females:				
2-5.....	0.5	3	5	5
6-11.....	0.7	6	5	4
12-19.....	0.6	4	5	5
20-39.....	1.5	3	3	3
40-59.....	0.6	3	5	5
60 and over.....	0.5	7	6	5
20 and over.....	2.6	3	2	2
All individuals 2 and over.....	7.8	2	2	3
Not participating:				
Males:				
2-5.....	0.4	4	6	5
6-11.....	0.5	7	6	5
12-19.....	0.7	3	6	5
20-39.....	1.7	2	3	4
40-59.....	0.6	7	7	6
60 and over.....	0.7	2	4	4
20 and over.....	3.0	2	3	3
Females:				
2-5.....	0.5	4	4	3
6-11.....	0.5	4	7	7
12-19.....	0.8	3	5	5
20-39.....	1.9	2	4	3
40-59.....	0.8	3	4	4
60 and over.....	1.7	2	3	3
20 and over.....	4.4	1	2	2
All individuals 2 and over.....	11.0	1	2	2

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 35Ase.--Fruit group: Standard errors of mean numbers of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**  
 USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

FSP participation, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>Servings ‡</i>		
Participating:				
Males:				
2-5.....	0.7	.1	.1	.1
6-11.....	0.6	.2	.1	.1
12-19.....	0.8	.3	.3	.1
20-39.....	0.8	.1	.1	.2
40-59.....	0.4	.4	.2	.3
60 and over.....	0.2	.2	.2	.1
20 and over.....	1.4	.2	.1	.1
Females:				
2-5.....	0.5	.1	.1	.1
6-11.....	0.7	.1	.1	.1
12-19.....	0.6	.1	.1	*
20-39.....	1.5	.1	.1	.1
40-59.....	0.6	.2	.1	.1
60 and over.....	0.5	.3	.1	.1
20 and over.....	2.6	.1	.1	*
All individuals 2 and over.....	7.8	.1	*	*
Not participating:				
Males:				
2-5.....	0.4	.2	.1	.1
6-11.....	0.5	.2	.1	.1
12-19.....	0.7	.1	.1	.1
20-39.....	1.7	.1	.1	.1
40-59.....	0.6	.2	.2	.2
60 and over.....	0.7	.1	.1	*
20 and over.....	3.0	.1	.1	*
Females:				
2-5.....	0.5	.2	.1	.1
6-11.....	0.5	.1	.1	.1
12-19.....	0.8	.1	.1	.1
20-39.....	1.9	.2	.1	.1
40-59.....	0.8	.1	.1	.1
60 and over.....	1.7	.1	.1	.1
20 and over.....	4.4	.1	.1	.1
All individuals 2 and over.....	11.0	.1	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 35Bse.--Fruit group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
Participating:				
Males:				
2-5.....	0.7	4	4	4
6-11.....	0.6	5	5	5
12-19.....	0.8	7	6	5
20-39.....	0.8	12	6	4
40-59.....	0.4	9	8	9
60 and over.....	0.2	5	3	3
20 and over.....	1.4	9	3	3
Females:				
2-5.....	0.5	5	4	4
6-11.....	0.7	6	5	4
12-19.....	0.6	5	4	3
20-39.....	1.5	4	3	3
40-59.....	0.6	5	4	4
60 and over.....	0.5	7	6	6
20 and over.....	2.6	3	2	2
All individuals 2 and over.....	7.8	2	2	1
Not participating:				
Males:				
2-5.....	0.4	4	5	5
6-11.....	0.5	6	5	5
12-19.....	0.7	6	4	3
20-39.....	1.7	4	3	2
40-59.....	0.6	7	7	8
60 and over.....	0.7	4	2	2
20 and over.....	3.0	3	2	2
Females:				
2-5.....	0.5	5	5	5
6-11.....	0.5	7	3	3
12-19.....	0.8	5	4	4
20-39.....	1.9	5	5	5
40-59.....	0.8	4	4	4
60 and over.....	1.7	3	2	2
20 and over.....	4.4	3	3	3
All individuals 2 and over.....	11.0	2	2	1

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 36Ase.--Dairy group: Standard errors of mean number of Pyramid servings consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96  
USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day, depending on age and physiological status

FSP participation, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	Percent	----- Servings ‡-----			
Participating:					
Males:					
2-5.....	0.7	.1	.1	*	*
6-11.....	0.6	.1	.1	.1	*
12-19.....	0.8	.3	.3	.1	--
20-39.....	0.8	.7	.4	.3	*
40-59.....	0.4	.2	.1	.1	*
60 and over.....	0.2	.1	.1	*	*
11-24.....	1.0	.2	.2	.1	*
20 and over.....	1.4	.5	.3	.2	*
Females:					
2-5.....	0.5	.1	.1	*	*
6-11.....	0.7	.1	.1	*	*
12-19.....	0.6	.1	.1	*	*
20-39.....	1.5	.1	.1	*	*
40-59.....	0.6	.1	.1	*	*
60 and over.....	0.5	.1	.1	.1	*
11-24.....	1.2	.1	.1	*	*
20 and over.....	2.6	.1	*	*	*
All individuals 2 and over.....	7.8	.1	.1	.1	*
Not participating:					
Males:					
2-5.....	0.4	.1	.1	*	*
6-11.....	0.5	.1	.1	*	*
12-19.....	0.7	.2	.2	.1	*
20-39.....	1.7	.2	.1	.1	*
40-59.....	0.6	.1	.1	*	*
60 and over.....	0.7	.1	.1	*	*
11-24.....	1.4	.1	.1	.1	*
20 and over.....	3.0	.1	*	.1	*
Females:					
2-5.....	0.5	.1	.1	*	*
6-11.....	0.5	.1	.1	.1	*
12-19.....	0.8	.1	.1	.1	*
20-39.....	1.9	.1	.1	*	*
40-59.....	0.8	.1	.1	*	*
60 and over.....	1.7	.1	*	*	*
11-24.....	1.5	.1	.1	*	*
20 and over.....	4.4	*	*	*	*
All individuals 2 and over.....	11.0	*	*	*	*

‡ See "appendix D" for definitions of servings.

-- Estimated mean is zero

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 36Bse.--Dairy group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by Food Stamp Program(FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent		Percent	
<b>Participating:</b>				
Males:				
2-5.....	0.7	3	4	4
6-11.....	0.6	3	6	5
12-19.....	0.8	6	5	6
20-39.....	0.8	9	12	12
40-59.....	0.4	5	4	4
60 and over.....	0.2	6	3	3
11-24.....	1.0	6	4	4
20 and over.....	1.4	6	8	8
Females:				
2-5.....	0.5	4	5	5
6-11.....	0.7	4	5	5
12-19.....	0.6	6	4	2
20-39.....	1.5	5	3	2
40-59.....	0.6	4	2	2
60 and over.....	0.5	7	5	5
11-24.....	1.2	5	3	2
20 and over.....	2.6	3	1	1
All individuals 2 and over.....	7.8	2	2	2
<b>Not participating:</b>				
Males:				
2-5.....	0.4	3	5	5
6-11.....	0.5	5	6	6
12-19.....	0.7	5	7	5
20-39.....	1.7	4	3	3
40-59.....	0.6	5	4	4
60 and over.....	0.7	4	2	2
11-24.....	1.4	4	5	3
20 and over.....	3.0	2	2	2
Females:				
2-5.....	0.5	3	5	5
6-11.....	0.5	4	6	6
12-19.....	0.8	7	5	3
20-39.....	1.9	5	2	2
40-59.....	0.8	4	4	4
60 and over.....	1.7	4	2	2
11-24.....	1.5	5	3	2
20 and over.....	4.4	3	1	1
All individuals 2 and over.....	11.0	2	1	1

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 37Ase.--Meat group: Standard errors of mean numbers of Pyramid servings (ounce equivalents) consumed per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

FSP participation, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
<i>Percent</i>		<i>Ounces cooked lean meat equivalents ‡</i>								
Participating:										
Males:										
2-5.....	0.7	.1	.1	.1	*	*	.1	*	*	*
6-11.....	0.6	.3	.2	.1	.1	--	.1	.1	*	*
12-19.....	0.8	.3	.4	.1	.1	--	.3	.1	*	*
20-39.....	0.8	3.4	1.9	.4	.4	.1	1.6	.2	*	.1
40-59.....	0.4	.6	.3	.5	.1	.1	.4	.1	*	.1
60 and over.....	0.2	.4	.3	.3	.1	*	.1	.1	*	*
20 and over.....	1.4	2.1	1.2	.2	.2	*	1.0	.1	*	*
Females:										
2-5.....	0.5	.1	.1	.1	*	*	.1	*	*	*
6-11.....	0.7	.2	.2	.1	.1	*	.1	.1	*	*
12-19.....	0.6	.4	.3	.2	*	*	.1	.1	*	*
20-39.....	1.5	.2	.1	.1	.1	*	.1	*	*	*
40-59.....	0.6	.3	.2	.2	.1	.1	.1	.1	*	*
60 and over.....	0.5	.3	.2	.2	.1	.1	.1	.1	*	*
20 and over.....	2.6	.2	.1	.1	*	*	.1	*	*	*
All individuals 2 and over.....	7.8	.5	.3	.1	.1	*	.2	*	*	*
Not participating:										
Males:										
2-5.....	0.4	.2	.1	.1	*	*	*	.1	*	*
6-11.....	0.5	.2	.2	.2	.1	*	.1	*	*	*
12-19.....	0.7	.4	.2	.3	.2	*	.1	.1	*	*
20-39.....	1.7	.3	.2	.1	.1	*	.1	.1	*	*
40-59.....	0.6	.4	.4	.2	.1	.1	.1	.1	*	*
60 and over.....	0.7	.2	.1	.1	.1	*	.1	.1	*	*
20 and over.....	3.0	.2	.1	.1	.1	*	.1	.1	*	*
Females:										
2-5.....	0.5	.2	.1	.1	.1	*	.1	*	*	*
6-11.....	0.5	.2	.2	.1	*	*	.1	.1	*	*
12-19.....	0.8	.3	.2	.1	.1	*	.2	.1	*	*
20-39.....	1.9	.2	.1	.1	.1	*	.1	*	*	*
40-59.....	0.8	.3	.2	.1	.1	*	.1	*	*	*
60 and over.....	1.7	.2	.1	.1	.1	*	*	*	*	*
20 and over.....	4.4	.1	.1	.1	.1	*	*	*	*	*
All individuals 2 and over.....	11.0	.1	.1	*	*	*	*	*	*	*

‡ See "appendix D" for definitions of servings.

\* Value less than 0.05 but greater than 0.

-- Estimated mean is zero

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 37Bse.--Meat group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
<i>Percent</i>		<i>Percent</i>		
Participating:				
Males:				
2-5.....	0.7	2	3	3
6-11.....	0.6	1	5	5
12-19.....	0.8	--	6	6
20-39.....	0.8	*	7	10
40-59.....	0.4	1	9	8
60 and over.....	0.2	3	7	7
20 and over.....	1.4	*	4	5
Females:				
2-5.....	0.5	2	3	3
6-11.....	0.7	3	4	4
12-19.....	0.6	2	7	7
20-39.....	1.5	1	4	4
40-59.....	0.6	3	6	6
60 and over.....	0.5	3	5	5
20 and over.....	2.6	1	3	3
All individuals 2 and over.....	7.8	1	2	2
Not participating:				
Males:				
2-5.....	0.4	3	3	4
6-11.....	0.5	1	4	4
12-19.....	0.7	1	6	7
20-39.....	1.7	1	4	4
40-59.....	0.6	1	5	6
60 and over.....	0.7	1	4	4
20 and over.....	3.0	1	3	3
Females:				
2-5.....	0.5	3	3	3
6-11.....	0.5	1	5	5
12-19.....	0.8	3	7	7
20-39.....	1.9	2	3	3
40-59.....	0.8	2	4	4
60 and over.....	1.7	2	2	2
20 and over.....	4.4	1	2	2
All individuals 2 and over.....	11.0	1	2	2

\* Value less than 0.5 but greater than 0.

‡ See "Table notes."

-- Estimated percent is zero

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 38se.--Pyramid tip: Standard errors of mean daily intakes of discretionary fat and added sugars per day, by Food Stamp Program (FSP) participation, low-income households, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

FSP participation, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	Percent	Kilocalories	Percent of kilocalories		Grams		Teaspoons ‡ --
Participating:							
Males:							
2-5.....	0.7	55.0	.5	.4	.7	1.6	.9
6-11.....	0.6	72.5	.7	.7	.9	2.9	1.5
12-19.....	0.8	81.4	1.4	1.5	1.3	5.3	2.0
20-39.....	0.8	988.8	1.3	1.1	1.7	36.5	13.5
40-59.....	0.4	105.7	1.2	.9	1.3	3.8	2.5
60 and over.....	0.2	86.7	1.0	1.1	1.1	3.7	1.2
20 and over.....	1.4	654.2	.7	.7	1.0	23.8	8.9
Females:							
2-5.....	0.5	37.6	.5	.5	.6	1.4	.7
6-11.....	0.7	61.9	.6	.6	.8	2.3	1.1
12-19.....	0.6	90.2	.9	.9	1.2	3.1	1.5
20-39.....	1.5	50.9	.6	.5	1.0	2.0	1.4
40-59.....	0.6	59.1	.8	.8	.9	2.4	1.2
60 and over.....	0.5	45.6	1.1	1.1	1.0	2.4	.8
20 and over.....	2.6	40.6	.4	.4	.7	1.6	1.0
All individuals 2 and over.....	7.8	145.5	.3	.4	.4	5.3	2.0
Not participating:							
Males:							
2-5.....	0.4	52.9	.6	.5	.6	1.5	.9
6-11.....	0.5	78.9	.5	.6	1.0	2.7	1.8
12-19.....	0.7	121.4	.9	.9	1.1	4.2	2.5
20-39.....	1.7	115.9	.6	.5	.6	3.0	1.7
40-59.....	0.6	83.7	.5	.7	.7	3.5	1.8
60 and over.....	0.7	44.1	.7	.6	.6	1.7	.7
20 and over.....	3.0	81.5	.4	.3	.5	2.3	1.2
Females:							
2-5.....	0.5	41.8	.6	.6	.8	1.7	.8
6-11.....	0.5	41.0	.6	.5	.7	1.7	1.0
12-19.....	0.8	80.2	.7	.5	1.1	2.9	1.7
20-39.....	1.9	51.7	.9	.7	.7	2.1	1.0
40-59.....	0.8	59.0	.6	.5	.7	2.1	.9
60 and over.....	1.7	26.5	.5	.5	.4	1.1	.4
20 and over.....	4.4	29.8	.5	.4	.4	1.2	.5
All individuals 2 and over.....	11.0	38.9	.3	.2	.3	1.3	.6

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 39.1se.--Saturated fatty acids: Standard errors of mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
Participating:	Percent	----- Grams -----								
Males and females:										
1-2.....	0.6	*	*	*	*	.1	.1	.4	.2	.8
3-5.....	0.8	*	*	*	*	*	.1	.4	.2	.7
5 and under ‡ .....	1.6	*	*	*	*	.1	.1	.3	.1	.5
Males:										
6-11.....	0.5	.1	*	*	*	.1	.2	.8	.4	1.6
12-19.....	0.8	.1	.1	*	.1	.1	.5	1.7	1.0	3.6
20-39.....	0.7	.5	.3	.2	.4	.5	1.8	7.0	3.3	14.4
40-59.....	0.4	.1	*	*	.1	.1	.3	1.7	.9	3.1
60 and over.....	0.2	*	*	*	*	.1	.2	.8	.4	1.5
20 and over.....	1.3	.3	.2	.1	.2	.3	1.0	3.8	1.7	7.8
Females:										
6-11.....	0.7	.1	*	*	*	.1	.2	.8	.4	1.5
12-19.....	0.6	.1	*	*	.1	.1	.2	1.1	.4	1.9
20-39.....	1.5	*	*	*	*	.1	.1	.5	.2	1.0
40-59.....	0.5	*	*	*	*	.2	.2	.7	.3	1.3
60 and over.....	0.4	*	*	*	*	*	.1	.6	.3	1.0
20 and over.....	2.5	*	*	*	*	.1	.1	.4	.2	.8
All individuals.....	7.9	.1	*	*	*	.1	.2	.8	.4	1.6
Not participating:										
Males and females:										
1-2.....	0.4	*	*	*	*	*	.1	.5	.2	.9
3-5.....	0.7	*	*	*	*	.1	.1	.6	.3	1.0
5 and under ‡ .....	1.2	*	*	*	*	.1	.1	.4	.2	.7
Males:										
6-11.....	0.5	.1	*	*	*	.1	.2	.9	.5	1.9
12-19.....	0.7	.1	.1	*	.1	.1	.3	1.4	.7	2.7
20-39.....	1.7	.1	*	*	*	.1	.2	1.1	.5	2.0
40-59.....	0.6	*	*	*	*	.1	.1	.7	.4	1.4
60 and over.....	0.7	*	*	*	*	.1	.1	.5	.2	.9
20 and over.....	3.0	*	*	*	*	.1	.2	.8	.4	1.5
Females:										
6-11.....	0.6	.1	*	*	*	.1	.1	.5	.2	.9
12-19.....	0.8	.1	*	*	*	.1	.2	.9	.4	1.6
20-39.....	1.9	*	*	*	*	.1	.1	.5	.3	1.0
40-59.....	0.8	*	*	*	*	.1	.1	.8	.5	1.5
60 and over.....	1.7	*	*	*	*	*	.1	.3	.1	.5
20 and over.....	4.3	*	*	*	*	.1	.1	.3	.2	.6
All individuals.....	11.1	*	*	*	*	*	.1	.4	.2	.7

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 39.2se.--Monounsaturated fatty acids: Standard errors of mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
Participating:	Percent	----- Grams -----				
Males and females:						
1-2.....	0.6	.1	.7	*	*	.8
3-5.....	0.8	.1	.8	*	*	.8
5 and under ‡ .....	1.6	*	.5	*	*	.6
Males:						
6-11.....	0.5	.1	1.8	*	*	1.9
12-19.....	0.8	.3	2.3	*	*	2.5
20-39.....	0.7	.6	10.5	*	*	11.3
40-59.....	0.4	.2	3.5	*	*	3.7
60 and over.....	0.2	.1	1.5	*	*	1.6
20 and over.....	1.3	.3	5.5	*	*	5.9
Females:						
6-11.....	0.7	.1	1.4	*	*	1.4
12-19.....	0.6	.1	1.8	*	*	1.9
20-39.....	1.5	.1	1.3	*	*	1.4
40-59.....	0.5	.1	1.4	*	*	1.5
60 and over.....	0.4	.1	1.2	*	*	1.3
20 and over.....	2.5	.1	1.0	*	*	1.0
All individuals.....	7.9	.1	1.3	*	*	1.4
Not participating:						
Males and females:						
1-2.....	0.4	.1	.7	*	*	.8
3-5.....	0.7	.1	1.2	*	*	1.3
5 and under ‡ .....	1.2	.1	.7	*	*	.8
Males:						
6-11.....	0.5	.1	1.8	*	*	1.9
12-19.....	0.7	.2	2.7	*	*	2.9
20-39.....	1.7	.1	2.1	*	*	2.3
40-59.....	0.6	.1	1.5	*	*	1.5
60 and over.....	0.7	.1	.9	*	*	1.0
20 and over.....	3.0	.1	1.5	*	*	1.6
Females:						
6-11.....	0.6	.1	1.0	*	*	1.1
12-19.....	0.8	.1	1.6	*	*	1.6
20-39.....	1.9	.1	.9	*	*	1.0
40-59.....	0.8	.1	1.3	*	*	1.5
60 and over.....	1.7	*	.6	*	*	.6
20 and over.....	4.3	*	.6	*	*	.6
All individuals.....	11.1	*	.8	*	*	.8

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 39.3se.--Polyunsaturated fatty acids: Standard errors of mean intakes per individual, by Food Stamp Program (FSP) participation, low-income households, 1 day, 1994-96

FSP participation, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
Participating:	Percent	----- Grams -----							
Males and females:									
1-2.....	0.6	.3	*	*	*	*	*	*	.3
3-5.....	0.8	.6	*	*	*	*	*	*	.6
5 and under ‡ ....	1.6	.3	*	*	*	*	*	*	.4
Males:									
6-11.....	0.5	.8	.1	*	*	*	*	*	.9
12-19.....	0.8	1.2	.1	*	*	*	*	*	1.3
20-39.....	0.7	5.6	.9	*	*	*	*	*	6.6
40-59.....	0.4	1.5	.1	*	*	*	*	*	1.6
60 and over.....	0.2	.8	.1	*	*	*	*	*	.9
20 and over.....	1.3	3.0	.5	*	*	*	*	*	3.5
Females:									
6-11.....	0.7	.6	.1	*	*	*	*	*	.7
12-19.....	0.6	1.0	.1	*	*	*	*	*	1.1
20-39.....	1.5	.8	.1	*	*	*	*	*	.8
40-59.....	0.5	.7	.1	*	*	*	*	*	.8
60 and over.....	0.4	.6	.1	*	*	*	*	*	.7
20 and over.....	2.5	.5	*	*	*	*	*	*	.6
All individuals.....	7.9	.7	.1	*	*	*	*	*	.8
Not participating:									
Males and females:									
1-2.....	0.4	.3	*	*	*	*	*	*	.4
3-5.....	0.7	.5	*	*	*	*	*	*	.6
5 and under ‡ ....	1.2	.3	*	*	*	*	*	*	.4
Males:									
6-11.....	0.5	.4	.1	--	*	*	*	*	.5
12-19.....	0.7	1.2	.1	*	*	*	*	*	1.3
20-39.....	1.7	1.1	.1	*	*	*	*	*	1.2
40-59.....	0.6	1.0	.1	*	*	*	*	*	1.1
60 and over.....	0.7	.5	.1	*	*	*	*	*	.6
20 and over.....	3.0	.7	.1	*	*	*	*	*	.7
Females:									
6-11.....	0.6	.8	.1	*	*	*	*	*	.9
12-19.....	0.8	.9	.1	*	*	*	*	*	1.0
20-39.....	1.9	.8	.1	*	*	*	*	*	.9
40-59.....	0.8	.6	.1	*	*	*	*	*	.6
60 and over.....	1.7	.4	*	*	*	*	*	*	.4
20 and over.....	4.3	.4	*	*	*	*	*	*	.5
All individuals.....	11.1	.4	*	*	*	*	*	*	.4

\* Value less than 0.05 but greater than 0.

-- Estimated mean is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 40se.--Weight status: Standard errors of Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by Food Stamp Program (FSP) participation, low-income households, 1994-96

FSP participation, sex, and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>		<i>Percent</i>		
Participating:					
Males:					
20-39.....	0.7	.5	8.1	7.3	4.4
40-59.....	0.4	.6	6.8	4.6	6.0
60 and over.....	0.2	.7	7.3	7.3	5.4
20 and over.....	1.3	.3	3.8	4.9	3.5
Females:					
20-39.....	1.5	.5	3.4	3.8	3.2
40-59.....	0.5	.9	5.0	4.3	5.4
60 and over.....	0.4	.7	4.8	4.5	5.5
20 and over.....	2.5	.4	2.5	2.4	2.4
All individuals 20 and over.....	3.8	.3	2.1	2.5	1.8
Not participating:					
Males:					
20-39.....	1.7	.4	4.2	4.5	3.0
40-59.....	0.6	.6	5.1	3.2	4.5
60 and over.....	0.7	.3	2.9	3.4	2.8
20 and over.....	3.0	.3	2.5	2.9	2.0
Females:					
20-39.....	1.9	.6	3.6	4.5	3.1
40-59.....	0.8	.5	3.9	4.8	3.6
60 and over.....	1.7	.4	3.0	2.8	3.0
20 and over.....	4.3	.3	2.2	2.4	2.3
All individuals 20 and over.....	7.3	.2	1.8	1.9	1.7

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight (3.6 percent of participants and 3.3 percent of nonparticipants).

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Main Tables**  
**for**  
**Race Table Set**  
**(tables 41–60)**



Table 41.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
White:								
Males and females:								
1-2.....	2.1	1,316	48.8	47.9	19.6	17.5	7.1	181
3-5.....	3.4	1,582	55.0	56.8	21.5	21.7	9.4	172
5 and under ‡ .....	6.2	1,402	48.8	51.2	20.1	19.0	8.4	159
Males:								
6-11.....	3.4	2,061	71.0	75.0	27.8	28.9	12.7	223
12-19.....	4.3	2,815	99.1	103.9	37.3	40.6	18.3	314
20-39.....	12.2	2,752	103.1	102.8	35.6	39.7	19.6	336
40-59.....	9.5	2,388	92.8	91.3	30.3	35.4	18.5	321
60 and over.....	5.8	1,986	78.8	75.2	24.8	28.8	15.6	285
20 and over.....	27.5	2,464	94.4	93.0	31.5	35.9	18.4	320
Females:								
6-11.....	3.2	1,825	61.8	66.2	24.6	25.4	11.4	194
12-19.....	4.1	1,894	64.3	67.2	23.8	25.8	12.5	203
20-39.....	11.9	1,769	65.1	64.0	21.9	24.3	13.0	208
40-59.....	10.0	1,653	63.1	61.9	20.3	23.4	13.4	208
60 and over.....	7.7	1,446	58.8	52.5	17.1	19.9	11.4	198
20 and over.....	29.6	1,646	62.8	60.3	20.1	22.9	12.7	206
All individuals.....	78.1	2,017	75.2	74.7	25.8	28.6	14.6	248
Black:								
Males and females:								
1-2.....	0.5	1,356	51.0	51.6	20.0	19.2	8.3	195
3-5.....	0.8	1,604	57.4	61.1	22.8	23.6	10.1	206
5 and under ‡ .....	1.5	1,431	50.9	55.4	21.2	20.8	9.3	185
Males:								
6-11.....	0.7	1,927	67.5	73.2	26.4	28.8	12.7	244
12-19.....	0.8	2,626	90.4	104.3	36.3	41.3	18.8	343
20-39.....	1.6	2,815	106.4	117.1	39.9	45.2	23.2	416
40-59.....	1.3	2,292	92.3	87.5	28.8	34.7	16.7	396
60 and over.....	0.7	1,686	72.0	65.7	21.4	25.9	12.9	335
20 and over.....	3.6	2,407	94.6	96.4	32.3	37.7	18.8	393
Females:								
6-11.....	0.8	1,812	63.0	69.4	24.2	27.4	12.6	224
12-19.....	0.9	1,953	69.2	78.3	27.3	30.4	14.7	257
20-39.....	2.2	1,791	65.7	68.7	22.8	27.2	13.3	240
40-59.....	1.3	1,602	66.7	63.3	20.4	24.3	13.6	269
60 and over.....	1.0	1,331	54.1	49.9	15.8	19.0	10.9	228
20 and over.....	4.5	1,632	63.3	62.9	20.5	24.5	12.9	246
All individuals.....	12.8	1,939	73.0	76.1	25.9	29.7	14.6	285

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 41.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
			Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents		
	----- Grams -----					----- Milligrams -----	
White:							
Males and females:							
1-2.....	177.7	8.8	736	261	4.5	93	1.11
3-5.....	219.2	10.8	807	287	5.4	93	1.33
5 and under ‡ .....	191.8	9.3	781	271	5.9	94	1.21
Males:							
6-11.....	283.3	13.9	1,000	287	7.1	100	1.81
12-19.....	373.9	17.7	1,153	428	9.4	111	2.13
20-39.....	334.7	19.0	1,050	489	10.6	109	2.03
40-59.....	288.3	18.6	1,152	565	9.8	104	1.87
60 and over.....	245.8	18.6	1,282	639	9.4	103	1.72
20 and over.....	299.8	18.8	1,134	547	10.1	106	1.91
Females:							
6-11.....	252.8	12.2	840	296	6.5	89	1.48
12-19.....	264.1	13.1	837	350	7.1	94	1.42
20-39.....	229.7	13.7	887	473	7.2	82	1.36
40-59.....	210.3	14.4	928	515	7.6	90	1.35
60 and over.....	187.4	14.6	1,033	534	6.8	93	1.27
20 and over.....	212.2	14.2	939	503	7.2	88	1.33
All individuals.....	257.7	15.4	1,000	470	8.2	97	1.60
Black:							
Males and females:							
1-2.....	176.1	9.0	608	216	4.7	108	1.12
3-5.....	211.1	10.4	773	211	5.0	104	1.43
5 and under ‡ .....	186.3	9.0	768	223	6.0	107	1.26
Males:							
6-11.....	255.2	12.0	807	282	6.3	107	1.61
12-19.....	337.7	14.6	742	268	8.7	125	1.97
20-39.....	324.4	15.8	963	338	10.7	119	1.98
40-59.....	274.3	16.8	1,333	538	8.4	125	1.74
60 and over.....	202.7	14.2	1,729	681	6.8	95	1.45
20 and over.....	282.7	15.8	1,246	478	9.1	116	1.79
Females:							
6-11.....	239.9	12.0	761	200	6.5	111	1.49
12-19.....	246.8	12.5	648	251	7.0	96	1.47
20-39.....	224.4	10.8	725	330	6.3	90	1.28
40-59.....	191.1	11.8	854	455	6.6	102	1.16
60 and over.....	170.4	11.8	1,182	684	5.9	105	1.14
20 and over.....	202.5	11.3	866	447	6.3	97	1.22
All individuals.....	240.0	12.7	927	379	7.3	107	1.49

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 41.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----		----- Micrograms -----		----- Milligrams -----		
White:							
Males and females:							
1-2.....	1.72	12.5	1.26	173	3.20	879	980
3-5.....	1.80	16.0	1.44	214	3.34	840	1,041
5 and under ‡ .....	1.72	14.2	1.28	189	3.13	833	959
Males:							
6-11.....	2.37	22.2	1.91	295	4.76	1,010	1,310
12-19.....	2.69	28.4	2.26	323	5.98	1,223	1,705
20-39.....	2.42	30.7	2.31	320	6.56	1,009	1,618
40-59.....	2.19	27.5	2.10	295	6.66	872	1,456
60 and over.....	2.08	23.9	2.04	292	5.93	796	1,285
20 and over.....	2.27	28.2	2.18	306	6.46	917	1,491
Females:							
6-11.....	1.96	17.9	1.50	233	3.74	903	1,156
12-19.....	1.76	18.8	1.52	237	3.75	798	1,118
20-39.....	1.66	19.2	1.51	229	3.82	711	1,089
40-59.....	1.60	19.1	1.53	229	4.38	652	1,032
60 and over.....	1.55	17.9	1.52	229	4.46	607	954
20 and over.....	1.61	18.9	1.52	229	4.18	664	1,034
All individuals.....	1.96	22.4	1.79	261	4.98	828	1,247
Black:							
Males and females:							
1-2.....	1.53	13.4	1.30	173	3.09	716	891
3-5.....	1.83	17.5	1.54	230	3.97	749	988
5 and under ‡ .....	1.69	15.2	1.34	197	3.81	735	901
Males:							
6-11.....	1.89	19.9	1.62	247	3.47	807	1,132
12-19.....	2.12	25.5	1.96	272	4.96	896	1,379
20-39.....	2.25	29.0	2.19	260	† 11.82	791	1,514
40-59.....	1.95	24.6	1.97	274	7.67	662	1,300
60 and over.....	1.81	20.1	1.76	262	† 8.68	590	1,035
20 and over.....	2.06	25.7	2.03	266	9.68	705	1,344
Females:							
6-11.....	1.79	18.7	1.47	233	4.47	712	1,049
12-19.....	1.68	19.6	1.51	208	3.93	653	1,056
20-39.....	1.42	18.8	1.45	188	4.61	549	948
40-59.....	1.34	18.3	1.40	198	4.02	513	923
60 and over.....	1.38	15.7	1.37	208	4.87	494	795
20 and over.....	1.39	18.0	1.42	195	4.50	526	906
All individuals.....	1.73	20.6	1.64	226	5.80	661	1,090

† See "Statistical notes," appendix B.

Continued

‡ Includes infants under 1; excludes breast-fed children.

Table 41.--Nutrient intakes: Mean amounts consumed per individual, by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
White:						
Males and females:						
1-2.....	187	10.5	7.2	0.7	1,940	1,973
3-5.....	203	12.3	8.5	.8	2,437	2,044
5 and under ‡ .....	185	12.1	7.8	.7	2,029	1,903
Males:						
6-11.....	252	17.2	11.5	1.1	3,249	2,448
12-19.....	322	20.3	14.7	1.4	4,486	3,184
20-39.....	347	19.6	15.2	1.6	4,507	3,329
40-59.....	332	18.0	13.3	1.5	4,014	3,268
60 and over.....	305	17.2	12.0	1.3	3,401	3,024
20 and over.....	333	18.5	13.9	1.5	4,102	3,243
Females:						
6-11.....	222	13.9	9.5	.9	2,824	2,154
12-19.....	227	13.8	9.8	1.0	2,972	2,221
20-39.....	238	13.4	9.7	1.1	2,905	2,303
40-59.....	244	13.2	9.2	1.1	2,772	2,442
60 and over.....	232	12.6	8.5	1.0	2,487	2,371
20 and over.....	239	13.1	9.2	1.1	2,752	2,368
All individuals.....	271	15.6	11.2	1.2	3,300	2,671
Black:						
Males and females:						
1-2.....	178	11.6	8.1	.7	2,167	1,928
3-5.....	191	13.7	9.1	.8	2,643	1,938
5 and under ‡ .....	175	13.4	8.5	.8	2,205	1,834
Males:						
6-11.....	217	14.7	9.9	.9	2,985	2,119
12-19.....	264	17.4	12.8	1.2	4,053	2,820
20-39.....	290	20.7	15.8	1.4	4,424	3,151
40-59.....	276	16.8	13.0	1.4	3,827	2,831
60 and over.....	230	14.2	10.4	1.2	2,835	2,328
20 and over.....	273	18.0	13.7	1.4	3,901	2,876
Females:						
6-11.....	203	13.4	9.5	.9	2,826	2,042
12-19.....	206	13.4	10.1	1.0	3,432	2,130
20-39.....	189	12.0	9.3	.9	2,950	2,008
40-59.....	210	10.7	8.2	1.0	2,530	2,098
60 and over.....	189	10.9	7.7	.9	2,250	1,918
20 and over.....	195	11.4	8.6	.9	2,670	2,014
All individuals.....	222	14.3	10.5	1.1	3,130	2,301

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 42.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
White:									
Males and females:									
1-2.....	2.1	101	305	184	76	233	159	215	138
3-5.....	3.4	98	264	174	82	216	161	183	147
5 and under ‡ .....	6.2	100	265	182	110	233	172	206	149
Males:									
6-11.....	3.4	102	245	146	96	219	177	194	166
12-19.....	4.3	101	187	115	94	198	150	162	152
20-39.....	12.2	95	167	105	106	182	135	142	161
40-59.....	9.5	89	147	115	98	173	135	138	158
60 and over.....	5.8	86	125	128	94	172	144	148	159
20 and over.....	27.5	91	151	113	101	177	137	142	160
Females:									
6-11.....	3.2	91	212	126	91	194	148	163	136
12-19.....	4.1	86	143	105	89	169	129	135	126
20-39.....	11.9	79	131	109	88	133	121	125	126
40-59.....	10.0	79	126	116	95	150	127	127	135
60 and over.....	7.7	76	118	129	84	155	127	130	138
20 and over.....	29.6	79	126	117	89	145	125	127	132
All individuals.....	78.1	88	159	122	96	172	137	145	146
Black:									
Males and females:									
1-2.....	0.5	104	319	152	79	270	160	191	149
3-5.....	0.8	99	273	165	75	241	172	186	160
5 and under ‡ .....	1.5	105	277	180	117	267	182	207	162
Males:									
6-11.....	0.7	92	220	111	84	234	153	151	145
12-19.....	0.8	94	170	74	87	223	138	126	135
20-39.....	1.6	97	172	96	107	198	132	133	153
40-59.....	1.3	86	147	133	84	208	127	124	143
60 and over.....	0.7	73	114	173	68	158	121	129	134
20 and over.....	3.6	89	151	125	91	194	128	129	146
Females:									
6-11.....	0.8	91	211	120	90	241	149	149	142
12-19.....	0.9	88	153	81	87	172	133	129	130
20-39.....	2.2	81	132	90	77	147	114	107	124
40-59.....	1.3	77	133	107	83	170	110	107	129
60 and over.....	1.0	70	108	148	74	174	114	115	121
20 and over.....	4.5	77	127	108	78	160	113	109	125
All individuals.....	12.8	87	166	118	89	196	133	133	138

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 42.--Nutrient intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by race,  
1 day, 1994-96--continued

Race, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
<i>Percent of RDA</i>								
White:								
Males and females:								
1-2.....	126	347	458	110	122	234	105	72
3-5.....	135	331	380	105	130	196	123	85
5 and under ‡ .....	132	342	420	110	127	208	126	86
Males:								
6-11.....	139	296	347	120	156	150	168	109
12-19.....	120	181	299	102	142	96	173	98
20-39.....	115	160	328	116	186	99	196	102
40-59.....	105	148	333	109	182	95	180	88
60 and over.....	102	146	297	99	161	87	172	80
20 and over.....	109	153	323	110	179	95	185	93
Females:								
6-11.....	112	232	270	107	136	130	131	92
12-19.....	103	142	188	66	93	78	92	81
20-39.....	92	122	189	80	122	84	87	79
40-59.....	95	127	219	81	129	87	104	76
60 and over.....	95	127	223	76	119	83	126	71
20 and over.....	94	125	208	79	124	85	103	76
All individuals.....	107	168	278	96	145	103	141	86
Black:								
Males and females:								
1-2.....	130	347	441	89	111	223	116	81
3-5.....	145	353	442	94	123	183	137	91
5 and under ‡ .....	140	361	536	100	123	200	141	96
Males:								
6-11.....	114	234	238	91	128	120	139	89
12-19.....	104	151	248	75	115	77	148	85
20-39.....	110	130	† 591	92	177	83	207	106
40-59.....	99	137	384	83	163	79	168	86
60 and over.....	88	131	† 434	74	129	66	142	70
20 and over.....	101	133	484	85	163	78	180	92
Females:								
6-11.....	110	230	346	82	121	118	125	91
12-19.....	102	123	196	54	88	71	88	84
20-39.....	89	101	229	62	108	67	78	76
40-59.....	88	110	201	64	115	75	86	68
60 and over.....	86	116	244	62	99	67	109	65
20 and over.....	88	107	224	62	108	69	87	71
All individuals.....	103	163	342	76	126	94	129	84

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 43A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	2.0	19.6	56.3	† 0.0	† 0.1	1.4	2.2	7.5	20.7
3-5.....	3.3	2.3	23.1	60.2	† 0.0	† .4	† 1.1	4.1	12.7	25.6
5 and under ‡ .....	6.2	2.3	20.1	57.4	† .3	.7	3.5	3.0	9.7	21.5
Males:										
6-11.....	3.4	† 2.0	19.2	55.9	† 0.0	† .3	† 2.1	8.0	20.1	32.7
12-19.....	4.3	4.1	26.8	58.5	† .1	2.5	9.7	21.1	43.1	60.6
20-39.....	12.2	8.0	36.1	66.5	† .6	5.3	15.3	31.3	50.1	66.6
40-59.....	9.5	9.1	37.9	68.2	† .8	6.6	18.5	21.8	42.5	56.6
60 and over.....	5.8	8.5	37.3	72.3	2.6	10.4	29.6	19.2	35.4	50.3
20 and over.....	27.5	8.5	37.0	68.3	1.1	6.8	19.4	25.5	44.4	59.7
Females:										
6-11.....	3.2	3.4	29.6	72.1	† .7	† 2.2	4.5	10.9	26.6	45.3
12-19.....	4.0	10.4	43.8	75.7	† 1.8	11.0	22.5	28.5	51.6	66.7
20-39.....	11.9	12.6	50.5	81.7	2.0	10.4	27.5	27.2	47.7	62.0
40-59.....	10.1	12.6	49.5	82.2	2.9	13.0	29.8	23.5	43.1	57.6
60 and over.....	7.7	14.5	50.9	86.0	2.9	15.8	35.9	17.3	37.8	51.3
20 and over.....	29.6	13.1	50.2	83.0	2.5	12.7	30.5	23.4	43.6	57.8
All individuals.....	78.2	9.1	39.4	72.5	1.5	8.1	20.6	21.5	39.8	54.6
Black:										
Males and females:										
1-2.....	0.5	† 2.9	22.8	53.0	† 0.0	† 0.0	† 0.0	† 5.8	17.7	30.6
3-5.....	0.8	† 3.6	20.4	56.0	† 0.0	† .7	† 1.4	7.9	18.2	32.1
5 and under ‡ .....	1.5	3.1	19.8	51.3	† 0.0	† 1.0	3.2	6.2	15.9	27.8
Males:										
6-11.....	0.7	† 4.0	27.1	67.8	† 0.0	† 0.0	† 3.2	13.8	37.5	65.1
12-19.....	0.8	† 10.8	35.2	65.3	† 2.3	† 6.4	† 12.8	35.7	60.1	78.4
20-39.....	1.6	16.9	38.5	62.8	† 2.1	11.5	20.9	35.9	57.9	72.8
40-59.....	1.3	10.5	44.9	70.7	† 2.3	11.2	19.6	40.7	52.8	73.5
60 and over.....	0.7	18.8	63.1	86.3	† 3.8	18.1	42.6	31.9	43.3	61.2
20 and over.....	3.6	15.0	45.4	70.0	† 2.5	12.6	24.5	36.9	53.3	70.9
Females:										
6-11.....	0.8	† 6.3	34.9	71.0	† 0.0	† .6	† 6.8	20.2	36.3	62.8
12-19.....	1.0	13.6	39.8	75.7	† .4	† 6.3	25.3	41.2	59.5	78.3
20-39.....	2.1	20.8	52.3	76.6	† 3.7	19.1	31.3	51.6	67.5	76.6
40-59.....	1.3	9.4	54.9	85.0	† 2.7	8.1	29.6	38.4	54.8	67.3
60 and over.....	1.0	24.3	60.8	92.3	9.1	21.7	45.3	31.6	52.0	62.8
20 and over.....	4.5	18.2	55.0	82.7	4.6	16.4	34.0	43.2	60.2	70.7
All individuals.....	12.8	13.3	43.1	72.3	2.5	10.3	22.5	33.5	50.4	66.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	25.6	62.7	82.2	5.8	14.8	21.4	† 0.6	3.5	14.0
3-5.....	3.3	19.0	54.3	78.0	8.1	15.4	23.3	† .3	3.7	13.7
5 and under ‡ .....	6.2	19.4	51.4	71.0	6.4	13.5	20.1	† .3	3.2	12.7
Males:										
6-11.....	3.4	12.9	39.2	66.8	6.3	16.1	23.3	† .7	† 2.4	8.2
12-19.....	4.3	15.2	41.9	63.5	14.1	24.4	34.6	† 1.1	7.8	23.9
20-39.....	12.2	15.7	38.5	62.2	17.9	30.7	43.3	3.9	14.6	35.1
40-59.....	9.5	16.6	40.2	60.1	16.0	29.3	41.7	4.0	13.8	29.2
60 and over.....	5.8	20.8	48.6	71.0	14.2	24.5	34.2	1.8	9.0	23.8
20 and over.....	27.5	17.1	41.2	63.3	16.5	28.9	40.8	3.5	13.1	30.7
Females:										
6-11.....	3.2	10.9	47.8	73.0	7.1	16.6	26.4	† .6	4.2	21.8
12-19.....	4.0	21.1	49.7	76.2	19.5	34.3	46.7	4.1	13.1	31.3
20-39.....	11.9	21.3	50.3	72.6	23.4	37.7	50.4	5.9	18.2	37.8
40-59.....	10.1	20.7	46.8	68.6	19.6	33.8	44.2	3.5	16.5	37.1
60 and over.....	7.7	24.1	50.5	76.5	15.8	27.3	38.6	3.5	13.3	33.5
20 and over.....	29.6	21.8	49.1	72.3	20.1	33.6	45.2	4.5	16.3	36.4
All individuals.....	78.2	18.7	45.7	68.5	16.3	28.5	39.5	3.3	12.4	29.8
Black:										
Males and females:										
1-2.....	0.5	26.1	54.2	76.1	† 4.1	8.3	12.9	† 1.5	† 4.0	12.0
3-5.....	0.8	20.0	57.5	76.0	† 3.0	7.9	12.3	† 1.0	† 1.9	9.1
5 and under ‡ .....	1.5	19.4	49.2	67.7	3.0	7.0	11.0	† 1.0	† 2.3	9.6
Males:										
6-11.....	0.7	22.8	49.7	75.8	† 7.1	14.6	22.7	† 0.0	† 5.5	20.1
12-19.....	0.8	21.8	53.2	68.9	16.0	19.0	28.0	† 4.5	† 12.1	26.9
20-39.....	1.6	18.2	40.3	63.9	16.9	28.9	37.3	† 7.7	22.1	39.3
40-59.....	1.3	24.8	57.2	68.0	22.2	35.4	39.6	† 4.9	18.2	37.2
60 and over.....	0.7	34.1	71.3	84.2	14.1	26.6	37.4	† 4.4	14.0	34.1
20 and over.....	3.6	23.6	52.2	69.2	18.3	30.8	38.2	6.1	19.2	37.5
Females:										
6-11.....	0.8	11.9	43.8	77.0	† 7.5	12.1	23.3	† 0.0	† 6.9	12.0
12-19.....	1.0	20.6	50.8	78.4	15.3	23.9	31.1	† 6.6	21.6	35.3
20-39.....	2.1	27.3	60.8	76.0	18.3	32.0	43.9	7.6	24.8	48.6
40-59.....	1.3	22.3	47.1	78.7	22.8	35.0	43.0	† 2.8	19.9	47.6
60 and over.....	1.0	35.6	70.9	83.7	17.7	26.9	36.4	† 6.3	23.4	47.9
20 and over.....	4.5	27.7	59.0	78.5	19.5	31.8	41.9	5.9	23.0	48.1
All individuals.....	12.8	23.4	53.5	73.8	15.3	25.1	33.4	4.7	16.8	34.7

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43A.—Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>----- Percent of individuals -----</i>								
White:										
Males and females:										
1-2.....	2.1	† 0.2	1.4	4.3	2.0	13.2	29.8	3.3	15.6	35.2
3-5.....	3.3	† .4	2.3	9.2	† 1.2	7.9	21.1	2.6	11.8	29.1
5 and under ‡ .....	6.2	† .3	1.9	6.7	1.4	9.3	22.4	2.5	12.3	31.0
Males:										
6-11.....	3.4	† .2	† 1.7	6.9	† .7	3.4	14.0	4.4	11.5	29.6
12-19.....	4.3	† 2.2	8.8	20.6	† 1.3	7.8	23.4	8.4	25.3	45.0
20-39.....	12.2	3.3	13.8	33.2	1.4	8.4	20.8	9.5	29.7	50.5
40-59.....	9.5	2.5	12.0	28.3	1.3	5.9	18.1	9.3	29.1	52.6
60 and over.....	5.8	1.4	7.4	21.3	1.6	6.5	15.6	10.2	29.9	56.1
20 and over.....	27.5	2.6	11.8	29.0	1.4	7.1	18.8	9.6	29.5	52.4
Females:										
6-11.....	3.2	† .3	3.8	15.2	† 1.3	10.1	28.7	4.7	21.9	47.6
12-19.....	4.0	5.9	15.5	34.7	4.8	15.9	39.5	12.9	35.4	60.7
20-39.....	11.9	4.5	16.3	37.3	3.1	16.7	34.3	14.7	39.6	64.1
40-59.....	10.1	3.8	17.8	36.6	2.2	12.7	29.8	13.8	38.8	64.0
60 and over.....	7.7	2.9	14.7	31.5	3.0	10.4	26.8	13.3	35.8	61.8
20 and over.....	29.6	3.9	16.4	35.5	2.8	13.7	30.8	14.0	38.3	63.5
All individuals.....	78.2	2.9	12.0	28.0	2.1	10.2	25.2	10.4	30.5	53.8
Black:										
Males and females:										
1-2.....	0.5	† 0.0	† 2.0	6.9	† 2.4	9.5	21.1	† 4.4	18.6	34.6
3-5.....	0.8	† 0.0	† 2.9	8.1	† .7	† 3.5	14.7	† .8	11.0	26.1
5 and under ‡ .....	1.5	† 0.0	† 2.2	6.8	† 1.1	5.2	16.0	† 1.9	12.7	27.7
Males:										
6-11.....	0.7	† 0.0	† 2.3	18.0	† 0.0	† 8.4	19.0	† 3.7	20.0	46.9
12-19.....	0.8	† 5.6	17.6	33.9	† 4.6	† 8.5	28.6	† 7.3	33.9	57.9
20-39.....	1.6	† 8.4	26.4	41.1	† 3.0	10.6	24.4	12.6	30.6	47.8
40-59.....	1.3	8.0	21.4	42.1	† 2.0	14.6	29.0	16.2	37.1	58.1
60 and over.....	0.7	† 5.3	15.6	37.6	† 2.8	9.6	26.4	15.9	44.5	71.2
20 and over.....	3.6	7.7	22.6	40.8	† 2.6	11.9	26.4	14.5	35.5	55.9
Females:										
6-11.....	0.8	† 0.0	† 8.3	18.5	† 0.0	† 5.3	18.9	† 4.3	21.4	41.7
12-19.....	1.0	11.3	26.0	38.5	† 2.9	12.4	31.9	13.7	37.1	52.5
20-39.....	2.1	13.7	29.2	54.5	† 5.6	23.3	41.3	20.2	45.8	68.5
40-59.....	1.3	6.8	26.6	56.2	† 3.2	16.1	33.3	14.6	46.5	71.8
60 and over.....	1.0	11.8	28.1	50.5	9.1	27.7	46.3	24.1	48.6	73.3
20 and over.....	4.5	11.2	28.2	54.1	5.7	22.2	40.1	19.4	46.6	70.5
All individuals.....	12.8	7.3	20.2	38.3	3.4	13.9	29.7	13.0	35.1	56.2

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 43A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	† 0.0	† 0.2	† 1.0	† 0.0	† 0.4	† 0.7	9.3	26.7	48.1
3-5.....	3.3	† .1	† .8	2.5	† .4	† .9	2.3	10.0	27.5	54.5
5 and under ‡ .....	6.2	† .1	† .5	1.7	† .5	.9	1.7	8.9	25.2	49.3
Males:										
6-11.....	3.4	† .4	† 1.5	3.9	† 0.0	† .8	† 2.4	6.0	20.5	39.2
12-19.....	4.3	3.4	13.6	26.3	† .8	2.7	6.5	14.2	34.8	59.1
20-39.....	12.2	5.6	18.5	33.7	2.3	5.3	10.1	11.8	30.9	51.5
40-59.....	9.5	5.9	17.2	32.2	1.9	5.0	9.6	11.1	31.8	51.5
60 and over.....	5.8	5.4	16.5	32.4	3.1	6.9	13.1	12.4	34.6	56.1
20 and over.....	27.5	5.7	17.6	32.9	2.3	5.5	10.6	11.7	32.0	52.5
Females:										
6-11.....	3.2	† .4	2.7	10.0	† .9	† 1.6	6.1	8.5	28.2	52.8
12-19.....	4.0	9.4	22.9	40.3	7.4	13.5	26.0	40.5	68.3	84.9
20-39.....	11.9	11.2	29.9	45.7	7.0	16.2	28.4	24.3	52.8	75.5
40-59.....	10.1	9.3	26.2	45.3	7.5	17.4	29.1	25.0	51.1	74.5
60 and over.....	7.7	7.0	20.7	40.6	7.5	16.4	28.3	26.9	57.2	78.2
20 and over.....	29.6	9.5	26.3	44.3	7.3	16.7	28.6	25.2	53.4	75.9
All individuals.....	78.2	6.3	18.3	32.6	4.1	9.3	16.7	17.8	40.9	62.5
Black:										
Males and females:										
1-2.....	0.5	† 0.0	† 0.0	† 1.1	† .4	† .4	† 1.2	18.4	42.6	65.5
3-5.....	0.8	† 0.0	† 0.0	† .7	† 0.0	† 0.0	† 1.7	11.5	34.4	61.3
5 and under ‡ .....	1.5	† 0.0	† 0.0	† .7	† .1	† .1	† 1.3	12.6	33.5	57.6
Males:										
6-11.....	0.7	† 0.0	† 1.6	† 10.0	† 0.0	† 0.0	† 2.0	† 8.4	34.9	68.6
12-19.....	0.8	† 8.3	18.5	31.7	† 1.6	† 6.2	† 12.2	29.2	52.8	77.7
20-39.....	1.6	9.6	26.2	37.2	† 7.5	11.8	15.2	30.2	52.5	65.8
40-59.....	1.3	10.7	22.0	42.7	† 4.6	12.6	18.9	20.9	58.1	77.5
60 and over.....	0.7	† 8.2	24.4	43.0	† 7.7	12.4	23.1	28.8	63.1	80.4
20 and over.....	3.6	9.7	24.4	40.3	6.5	12.2	18.0	26.6	56.5	72.8
Females:										
6-11.....	0.8	† .5	† 1.7	† 9.3	† 0.0	† .9	† 5.6	19.0	44.7	73.4
12-19.....	1.0	12.3	27.5	46.9	11.1	17.1	24.3	55.8	82.1	† 94.4
20-39.....	2.1	19.1	46.9	62.1	14.1	21.0	28.5	46.8	76.9	89.3
40-59.....	1.3	15.4	41.4	61.8	9.6	18.8	34.5	44.3	71.5	84.8
60 and over.....	1.0	19.6	42.2	58.8	15.5	31.9	40.4	51.0	72.8	86.2
20 and over.....	4.5	18.2	44.2	61.2	13.1	22.8	33.0	47.0	74.4	87.3
All individuals.....	12.8	10.6	25.8	39.5	7.4	13.2	19.8	33.1	60.0	77.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 43A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
White:										
Males and females:										
1-2.....	2.1	3.1	12.6	31.7	† 0.1	† 0.8	2.9	8.3	32.1	57.8
3-5.....	3.3	† 1.1	8.3	28.6	† .1	1.4	6.0	2.3	15.4	38.6
5 and under ‡ .....	6.2	2.0	10.3	30.0	† .1	1.5	5.1	4.6	20.3	42.0
Males:										
6-11.....	3.4	† .5	3.4	15.4	† .7	7.2	20.4	† 1.2	4.2	17.0
12-19.....	4.3	† 1.8	7.1	24.3	12.8	38.6	64.9	† .8	6.2	16.9
20-39.....	12.2	† .7	4.8	13.5	10.5	36.3	63.1	† .3	3.6	11.3
40-59.....	9.5	† .9	2.8	9.5	8.6	33.7	61.2	† .5	4.4	14.1
60 and over.....	5.8	† .9	4.8	12.4	9.8	40.7	72.0	1.6	6.1	17.2
20 and over.....	27.5	.8	4.1	11.9	9.7	36.3	64.3	.7	4.4	13.5
Females:										
6-11.....	3.2	† 1.6	7.3	25.3	† 2.1	10.9	31.0	† 2.1	14.0	38.8
12-19.....	4.0	10.7	37.0	65.4	22.0	58.0	80.9	14.0	44.2	72.8
20-39.....	11.9	5.0	16.3	34.6	14.0	46.8	74.9	17.8	47.1	73.1
40-59.....	10.1	2.8	11.9	28.2	10.3	41.4	72.2	11.6	35.1	62.0
60 and over.....	7.7	3.4	15.6	35.3	13.7	43.2	76.3	4.4	17.8	39.6
20 and over.....	29.6	3.9	14.6	32.6	12.6	44.0	74.4	12.2	35.4	60.6
All individuals.....	78.2	2.6	10.5	25.3	10.1	35.4	61.1	6.1	19.9	38.0
Black:										
Males and females:										
1-2.....	0.5	† 2.1	19.4	47.3	† 0.0	† 0.0	† 2.6	† 6.7	23.8	44.6
3-5.....	0.8	† 1.2	11.7	24.6	† .3	† 2.6	7.3	† 1.4	11.7	28.7
5 and under ‡ .....	1.5	† 1.4	13.5	31.3	† .2	† 1.8	5.4	2.9	15.2	32.4
Males:										
6-11.....	0.7	† .5	† 9.0	29.5	† 0.0	19.7	42.0	† 1.8	† 6.1	30.5
12-19.....	0.8	† 6.6	16.0	38.6	26.0	52.6	76.0	† 4.5	† 8.1	18.8
20-39.....	1.6	† 4.6	† 9.1	25.9	18.5	49.4	73.0	† 2.5	10.2	20.2
40-59.....	1.3	† 2.3	† 6.9	15.6	18.1	51.2	79.3	† 1.9	8.3	19.6
60 and over.....	0.7	† 1.6	14.9	30.7	31.1	76.7	89.6	† 1.6	13.7	25.5
20 and over.....	3.6	3.2	9.4	23.1	20.7	55.2	78.4	† 2.1	10.2	21.0
Females:										
6-11.....	0.8	† .6	12.6	38.1	† 4.0	18.3	39.6	† 3.7	11.1	36.9
12-19.....	1.0	18.9	46.0	72.5	28.3	70.6	89.4	18.4	44.0	74.9
20-39.....	2.1	12.8	29.6	50.1	29.5	71.6	88.8	24.5	60.0	78.2
40-59.....	1.3	† 4.1	18.6	43.5	23.1	59.6	80.8	14.4	46.7	73.3
60 and over.....	1.0	9.4	30.8	52.9	34.9	65.6	86.9	11.0	35.3	53.5
20 and over.....	4.5	9.5	26.6	48.8	28.8	66.7	86.0	18.5	50.4	71.2
All individuals.....	12.8	6.3	19.4	39.1	19.9	49.9	68.9	9.5	27.2	45.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43A.--Nutrient intakes: Percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
	<i>Percent</i>	<i>Percent of individuals</i>		
White:				
Males and females:				
1-2.....	2.1	22.7	63.8	86.3
3-5.....	3.3	12.3	47.7	76.3
5 and under ‡ .....	6.2	14.8	48.7	74.3
Males:				
6-11.....	3.4	5.0	24.6	51.4
12-19.....	4.3	10.9	36.8	62.9
20-39.....	12.2	12.9	36.0	61.7
40-59.....	9.5	13.6	41.0	68.2
60 and over.....	5.8	21.8	54.6	79.3
20 and over.....	27.5	15.0	41.7	67.7
Females:				
6-11.....	3.2	10.8	42.7	70.1
12-19.....	4.0	21.3	52.5	78.3
20-39.....	11.9	21.4	55.0	80.2
40-59.....	10.1	22.4	58.7	82.2
60 and over.....	7.7	27.8	63.4	86.8
20 and over.....	29.6	23.4	58.4	82.6
All individuals.....	78.2	17.7	48.2	73.5
Black:				
Males and females:				
1-2.....	0.5	17.2	54.4	77.5
3-5.....	0.8	11.0	38.6	65.8
5 and under ‡ .....	1.5	11.6	39.6	63.4
Males:				
6-11.....	0.7	13.0	40.3	68.3
12-19.....	0.8	† 13.7	47.7	71.4
20-39.....	1.6	17.7	42.5	58.8
40-59.....	1.3	17.8	51.6	75.7
60 and over.....	0.7	34.7	66.3	86.5
20 and over.....	3.6	21.0	50.2	70.1
Females:				
6-11.....	0.8	12.1	35.2	66.0
12-19.....	1.0	25.6	42.5	70.2
20-39.....	2.1	26.4	59.5	77.7
40-59.....	1.3	29.2	67.7	86.7
60 and over.....	1.0	39.2	75.6	88.9
20 and over.....	4.5	30.1	65.6	82.9
All individuals.....	12.8	22.0	52.1	73.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	Percent	Percent of individuals								
White:										
Males and females:										
1-2.....	2.1	43.7	6.3	† 0.7	98.6	94.0	84.5	79.3	51.6	31.5
3-5.....	3.3	39.8	4.9	† .4	† 98.9	91.7	69.6	74.4	45.7	25.5
5 and under ‡ .....	6.2	42.6	5.6	† .5	96.5	86.7	68.8	78.5	50.3	29.0
Males:										
6-11.....	3.4	44.1	5.2	† 1.0	† 97.9	86.7	66.8	67.3	39.0	19.4
12-19.....	4.3	41.5	8.8	† 1.5	90.3	66.3	36.5	39.4	21.7	10.5
20-39.....	12.2	33.5	5.8	† .8	84.7	53.5	22.6	33.4	17.3	10.5
40-59.....	9.5	31.8	3.5	† .7	81.5	41.6	16.5	43.4	23.2	12.6
60 and over.....	5.8	27.7	2.7	† .1	70.4	23.6	5.1	49.7	26.4	15.5
20 and over.....	27.5	31.7	4.3	.6	80.6	43.0	16.8	40.3	21.3	12.3
Females:										
6-11.....	3.2	27.9	† 1.9	† 0.0	95.5	76.4	45.2	54.7	27.5	17.0
12-19.....	4.0	24.3	† 2.5	† .2	77.5	35.8	11.6	33.3	18.3	9.5
20-39.....	11.9	18.3	1.5	† 0.0	72.5	25.4	7.5	38.0	19.4	10.8
40-59.....	10.1	17.8	1.3	† 0.0	70.2	24.2	5.3	42.4	25.0	14.4
60 and over.....	7.7	14.0	† .2	† 0.0	64.1	18.9	3.5	48.7	25.9	15.3
20 and over.....	29.6	17.0	1.1	† 0.0	69.5	23.3	5.7	42.2	23.0	13.2
All individuals.....	78.2	27.5	3.3	.4	79.4	43.2	20.9	45.4	25.1	14.2
Black:										
Males and females:										
1-2.....	0.5	47.0	11.7	† 1.6	† 100.0	† 96.6	81.7	69.4	41.9	21.4
3-5.....	0.8	44.0	† 5.6	† .5	† 98.6	93.2	81.3	67.9	43.6	23.2
5 and under ‡ .....	1.5	48.7	11.2	† 2.1	96.8	90.6	75.6	72.2	47.4	27.4
Males:										
6-11.....	0.7	32.2	† 2.4	† 0.0	† 96.8	79.0	57.3	34.9	14.6	† 9.9
12-19.....	0.8	34.7	† 6.4	† 1.8	† 87.2	56.0	30.4	21.6	† 9.8	† 4.0
20-39.....	1.6	37.2	12.7	11.5	79.1	52.5	35.8	27.2	17.6	12.7
40-59.....	1.3	29.3	† 4.1	† .4	80.4	42.3	13.7	26.5	17.0	9.8
60 and over.....	0.7	13.7	† .9	† 0.9	57.4	18.9	† 3.3	38.8	22.3	12.6
20 and over.....	3.6	30.0	7.4	5.5	75.5	42.5	21.8	29.1	18.3	11.7
Females:										
6-11.....	0.8	29.0	† 0.0	† 0.0	† 93.2	79.5	53.1	37.2	17.1	11.4
12-19.....	1.0	24.3	† 3.8	† 1.3	74.7	47.3	16.7	21.7	† 8.2	† 3.5
20-39.....	2.1	23.4	† 3.8	† .2	68.7	31.5	14.6	23.4	12.6	7.3
40-59.....	1.3	15.0	† 2.9	† 0.0	70.4	28.1	8.9	32.7	16.6	10.2
60 and over.....	1.0	7.7	† .8	† .3	54.7	14.7	† 2.3	37.2	23.2	13.2
20 and over.....	4.5	17.3	2.9	† .2	66.0	26.7	10.1	29.3	16.2	9.5
All individuals.....	12.8	27.7	5.2	2.1	77.5	48.0	27.9	34.0	19.4	11.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	17.8	6.0	2.1	78.6	62.6	46.6	86.0	46.4	20.5
3-5.....	3.3	22.0	6.2	1.6	76.7	58.2	41.2	86.3	49.1	17.4
5 and under ‡ .....	6.2	29.0	16.2	11.5	79.9	64.0	47.3	87.3	51.7	24.1
Males:										
6-11.....	3.4	33.2	9.1	2.7	76.7	60.1	41.6	91.8	58.0	25.5
12-19.....	4.3	36.5	9.8	3.4	65.4	51.5	37.4	76.1	41.4	14.4
20-39.....	12.2	37.8	13.7	5.0	56.7	38.9	29.2	64.9	29.3	11.4
40-59.....	9.5	39.9	14.0	4.4	58.3	42.6	28.5	70.8	32.8	11.6
60 and over.....	5.8	29.0	8.4	4.0	65.8	47.0	33.2	76.2	38.6	15.6
20 and over.....	27.5	36.7	12.7	4.6	59.2	41.9	29.8	69.3	32.5	12.4
Females:										
6-11.....	3.2	27.0	5.5	† 1.6	73.6	51.2	36.4	78.2	37.5	14.0
12-19.....	4.0	23.8	5.2	† 2.4	53.3	36.9	26.5	68.7	24.7	7.6
20-39.....	11.9	27.4	9.2	4.2	49.6	32.2	19.5	62.2	22.9	6.8
40-59.....	10.1	31.4	9.2	3.3	55.8	36.3	23.1	62.9	25.5	8.3
60 and over.....	7.7	23.5	6.8	3.1	61.4	42.2	26.5	66.5	24.4	7.8
20 and over.....	29.6	27.7	8.6	3.6	54.8	36.2	22.5	63.6	24.2	7.6
All individuals.....	78.2	31.5	10.4	4.4	60.5	42.9	29.5	70.2	32.3	12.0
Black:										
Males and females:										
1-2.....	0.5	23.9	6.9	† 2.5	87.1	69.7	54.0	88.0	48.7	20.6
3-5.....	0.8	24.0	† 5.0	† 0.0	87.7	67.3	45.7	90.9	56.8	21.4
5 and under ‡ .....	1.5	32.3	16.2	11.4	89.0	70.5	52.8	90.4	58.1	28.0
Males:										
6-11.....	0.7	24.2	† 4.4	† 1.8	77.3	56.3	44.7	79.9	42.9	14.5
12-19.....	0.8	31.1	† 8.9	† 2.1	72.0	50.0	35.0	73.1	28.6	† 14.2
20-39.....	1.6	36.1	17.7	12.2	62.7	48.5	39.2	60.7	32.7	15.7
40-59.....	1.3	32.0	8.2	† 3.6	60.4	52.0	40.0	62.8	31.9	8.6
60 and over.....	0.7	15.8	† 3.1	† 1.1	62.6	42.5	26.9	65.9	17.8	† 7.9
20 and over.....	3.6	30.8	11.5	7.0	61.8	48.6	37.2	62.5	29.6	11.7
Females:										
6-11.....	0.8	23.0	† 2.8	† 1.4	76.7	64.2	54.9	88.0	45.4	12.1
12-19.....	1.0	21.6	† 4.1	† 1.3	68.9	47.5	34.1	64.7	27.9	10.7
20-39.....	2.1	24.0	7.3	† 1.2	56.1	39.2	26.0	51.4	19.1	8.9
40-59.....	1.3	21.3	† 5.6	† 2.7	57.0	42.8	27.1	52.4	18.1	6.3
60 and over.....	1.0	16.3	† 3.8	† 2.1	63.6	46.3	28.8	52.1	20.3	† 5.1
20 and over.....	4.5	21.5	6.0	† 1.8	58.1	41.9	26.9	51.9	19.1	7.3
All individuals.....	12.8	26.2	8.5	4.2	66.6	50.2	36.5	65.3	30.7	12.3

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	95.7	78.7	51.6	70.2	37.1	14.3	64.8	24.9	7.4
3-5.....	3.3	90.8	61.7	31.3	78.9	40.9	13.8	70.9	30.5	9.2
5 and under ‡ .....	6.2	93.3	70.7	43.9	77.6	42.3	16.6	69.0	28.9	8.9
Males:										
6-11.....	3.4	93.1	68.4	36.4	86.0	52.3	19.8	70.4	32.0	10.9
12-19.....	4.3	79.4	45.9	24.1	76.6	42.6	18.5	55.0	20.3	6.9
20-39.....	12.2	66.8	33.0	13.3	79.2	44.1	19.9	49.5	17.7	6.0
40-59.....	9.5	71.7	35.5	12.5	81.9	48.6	21.0	47.4	15.4	4.2
60 and over.....	5.8	78.7	41.8	17.5	84.4	48.8	23.4	43.9	13.0	3.5
20 and over.....	27.5	71.0	35.7	13.9	81.2	46.7	21.0	47.6	15.9	4.8
Females:										
6-11.....	3.2	84.8	52.1	20.3	71.3	29.6	11.0	52.4	19.3	5.7
12-19.....	4.0	65.3	29.9	12.4	60.5	23.1	6.7	39.3	12.5	3.3
20-39.....	11.9	62.7	24.7	7.0	65.7	26.1	8.9	35.9	8.0	2.1
40-59.....	10.1	63.4	23.5	7.4	70.2	30.9	10.6	36.0	8.8	2.6
60 and over.....	7.7	68.5	28.2	9.1	73.2	34.1	9.7	38.2	9.1	2.0
20 and over.....	29.6	64.5	25.2	7.7	69.2	29.8	9.7	36.5	8.6	2.3
All individuals.....	78.2	72.0	36.9	15.7	74.8	38.1	15.0	46.2	15.0	4.5
Black:										
Males and females:										
1-2.....	0.5	93.1	66.9	37.8	78.9	40.6	18.4	65.4	28.5	8.3
3-5.....	0.8	91.9	60.6	25.7	85.3	51.1	20.5	73.9	33.4	12.6
5 and under ‡ .....	1.5	93.2	66.6	37.3	84.0	50.0	24.5	72.3	33.7	13.4
Males:										
6-11.....	0.7	82.0	46.2	15.8	81.0	39.7	12.4	53.1	14.6	† 5.2
12-19.....	0.8	66.1	29.7	† 8.7	71.4	34.8	† 13.9	42.1	† 12.9	† 6.3
20-39.....	1.6	58.9	33.8	16.3	75.6	45.1	26.2	52.2	27.3	12.6
40-59.....	1.3	57.9	21.0	† 6.6	71.0	41.6	16.8	41.9	12.4	† 3.1
60 and over.....	0.7	62.4	16.9	12.2	73.6	24.6	9.2	28.8	† 7.7	† 3.8
20 and over.....	3.6	59.2	26.0	12.1	73.6	40.0	19.6	44.1	18.3	7.5
Females:										
6-11.....	0.8	81.5	41.2	13.9	81.1	39.2	† 4.2	58.3	16.2	† 1.2
12-19.....	1.0	61.5	30.6	10.2	68.1	29.0	† 8.9	47.5	13.1	† 4.1
20-39.....	2.1	45.5	15.6	6.4	58.7	26.2	11.5	31.5	7.1	† 2.5
40-59.....	1.3	43.8	13.0	† 4.5	66.7	24.9	8.4	28.2	† 6.0	† 2.4
60 and over.....	1.0	49.5	18.3	† 4.8	53.7	28.0	9.7	26.7	† 6.3	† 1.1
20 and over.....	4.5	45.9	15.4	5.5	59.9	26.2	10.2	29.5	6.6	† 2.1
All individuals.....	12.8	61.7	29.7	12.7	70.3	35.1	14.4	43.8	15.0	5.5

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals								
White:										
Males and females:										
1-2.....	2.1	† 99.0	92.8	82.0	† 99.3	97.2	92.8	51.9	17.9	4.3
3-5.....	3.3	97.5	89.5	75.8	97.7	92.8	83.8	45.5	12.3	2.9
5 and under ‡ .....	6.2	98.3	91.5	79.8	98.3	95.0	88.3	50.7	16.2	4.4
Males:										
6-11.....	3.4	96.1	81.4	67.3	† 97.6	89.3	75.7	60.8	25.3	5.9
12-19.....	4.3	73.7	48.6	29.2	93.5	79.7	64.1	40.9	15.0	5.5
20-39.....	12.2	66.3	37.4	22.3	89.9	75.9	62.7	48.5	20.9	8.8
40-59.....	9.5	67.8	38.7	19.6	90.4	74.1	58.6	48.5	18.2	6.8
60 and over.....	5.8	67.6	37.6	18.2	86.9	70.9	53.9	43.9	13.5	2.8
20 and over.....	27.5	67.1	37.9	20.5	89.4	74.2	59.4	47.5	18.4	6.8
Females:										
6-11.....	3.2	90.0	69.7	49.9	93.9	81.8	62.0	47.2	15.0	† 2.4
12-19.....	4.0	59.7	31.4	13.7	74.0	50.7	32.1	15.1	† 1.1	† .2
20-39.....	11.9	54.3	24.6	11.3	71.6	49.4	31.4	24.5	5.3	† 1.1
40-59.....	10.1	54.7	26.3	10.7	70.9	48.2	29.7	25.5	5.1	1.3
60 and over.....	7.7	59.4	27.3	12.4	71.7	48.3	29.3	21.8	3.8	† .7
20 and over.....	29.6	55.7	25.8	11.4	71.4	48.7	30.2	24.1	4.9	1.1
All individuals.....	78.2	67.4	41.0	25.1	83.3	66.3	50.3	37.5	12.2	3.8
Black:										
Males and females:										
1-2.....	0.5	† 98.9	89.3	75.3	† 98.8	† 96.2	91.2	34.5	9.7	† 2.0
3-5.....	0.8	† 99.3	91.1	81.7	† 98.3	† 94.8	86.2	38.7	6.5	† .8
5 and under ‡ .....	1.5	† 99.3	91.7	81.5	† 98.7	96.0	89.7	42.4	13.3	4.4
Males:										
6-11.....	0.7	† 90.0	63.2	48.2	† 98.0	85.0	54.3	31.4	† 8.6	† .7
12-19.....	0.8	68.3	32.0	21.1	† 87.8	74.7	64.3	22.3	† 6.3	† 1.8
20-39.....	1.6	62.8	30.3	23.9	84.8	72.0	56.2	34.2	18.5	10.2
40-59.....	1.3	57.3	30.5	15.5	81.1	68.8	48.3	22.5	† 6.7	† 3.7
60 and over.....	0.7	57.0	32.3	17.3	76.9	56.8	37.6	19.6	† 7.6	† 0.0
20 and over.....	3.6	59.7	30.8	19.6	82.0	68.0	49.8	27.2	12.2	6.0
Females:										
6-11.....	0.8	† 90.7	74.4	52.1	† 94.4	79.7	56.5	26.6	† 3.6	† 0.0
12-19.....	1.0	53.1	28.4	13.1	75.7	57.4	39.8	† 5.6	† .6	† .6
20-39.....	2.1	37.9	16.6	8.8	71.5	49.7	29.5	10.7	† 4.1	† 1.7
40-59.....	1.3	38.2	20.5	9.4	65.5	43.7	27.9	15.2	† 4.2	† .6
60 and over.....	1.0	41.2	24.6	8.9	59.6	38.9	23.6	13.8	† 2.3	† .3
20 and over.....	4.5	38.8	19.6	9.0	67.0	45.5	27.7	12.7	3.7	† 1.1
All individuals.....	12.8	60.5	38.2	26.2	80.2	64.6	47.5	22.1	7.4	2.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	68.3	19.7	4.7	97.1	86.4	62.2	42.2	15.9	5.0
3-5.....	3.3	71.4	23.1	5.3	94.0	68.3	37.3	61.4	21.3	6.9
5 and under ‡ .....	6.2	70.0	22.5	5.5	94.9	73.7	45.9	58.0	25.0	9.9
Males:										
6-11.....	3.4	84.6	49.3	15.5	79.6	43.3	16.2	83.0	41.7	19.6
12-19.....	4.3	75.7	33.6	14.2	35.1	8.0	† 1.9	83.1	46.3	23.5
20-39.....	12.2	86.5	60.7	33.7	36.9	9.4	2.0	88.7	58.9	32.9
40-59.....	9.5	90.5	64.4	34.4	38.8	6.7	† .8	85.9	57.1	31.9
60 and over.....	5.8	87.6	52.6	23.2	28.0	4.1	† .4	82.8	51.7	26.0
20 and over.....	27.5	88.1	60.2	31.7	35.7	7.3	1.2	86.5	56.7	31.1
Females:										
6-11.....	3.2	74.7	29.9	10.1	69.0	25.0	8.6	61.2	24.7	10.7
12-19.....	4.0	34.6	6.3	† .2	19.1	† 1.7	† .3	27.2	6.1	† 2.2
20-39.....	11.9	65.4	21.5	5.6	25.1	3.0	† .5	26.9	9.2	2.7
40-59.....	10.1	71.8	24.7	6.2	27.8	3.1	† .2	38.0	14.2	5.0
60 and over.....	7.7	64.7	21.4	4.3	23.7	2.8	† .5	60.4	26.0	8.8
20 and over.....	29.6	67.4	22.6	5.5	25.6	3.0	.4	39.4	15.2	5.1
All individuals.....	78.2	74.7	37.0	15.5	38.9	13.0	5.4	62.0	33.4	16.3
Black:										
Males and females:										
1-2.....	0.5	52.7	16.8	† 2.4	† 97.4	77.8	53.3	55.4	26.6	9.2
3-5.....	0.8	75.4	22.2	† 4.3	92.7	61.5	39.1	71.3	27.2	10.0
5 and under ‡ .....	1.5	68.7	24.3	6.1	94.6	68.4	46.8	67.6	32.3	15.8
Males:										
6-11.....	0.7	70.5	27.4	† 6.9	58.0	18.0	† 5.3	69.5	29.9	† 10.1
12-19.....	0.8	61.4	24.0	† 6.2	24.0	† .8	† .8	81.2	36.5	19.8
20-39.....	1.6	74.1	48.8	28.5	27.0	12.4	† 1.2	79.8	53.0	34.9
40-59.....	1.3	84.4	52.6	22.8	20.7	† 4.1	† 1.2	80.4	46.3	25.3
60 and over.....	0.7	69.3	24.9	10.6	10.4	† 1.8	† 0.0	74.5	39.7	18.4
20 and over.....	3.6	76.9	45.6	23.1	21.6	7.4	† 1.0	79.0	48.1	28.4
Females:										
6-11.....	0.8	61.9	14.5	† 3.1	60.4	21.0	† 1.1	63.1	24.4	† 3.8
12-19.....	1.0	27.5	† 5.3	† 1.3	10.6	† 3.2	† .9	25.1	† 7.8	† 2.4
20-39.....	2.1	49.9	14.3	6.6	11.2	† 2.2	† 0.0	21.8	6.9	† 2.0
40-59.....	1.3	56.5	17.4	† 6.0	19.2	† 2.9	† 0.0	26.7	6.9	† 2.0
60 and over.....	1.0	47.1	11.7	† 1.1	13.1	† .8	† 0.0	46.5	14.4	† 6.9
20 and over.....	4.5	51.2	14.6	5.2	14.0	† 2.1	† 0.0	28.8	8.6	3.1
All individuals.....	12.8	60.9	25.0	10.0	31.1	13.4	6.3	54.6	26.2	13.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

Continued

Table 43B.--Nutrient intakes: Percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
Percent		Percent of individuals		
White:				
Males and females:				
1-2.....	2.1	13.7	1.6	† 0.1
3-5.....	3.3	23.7	3.3	† .9
5 and under ‡ .....	6.2	25.7	5.1	.9
Males:				
6-11.....	3.4	48.6	14.0	4.1
12-19.....	4.3	37.1	10.4	4.0
20-39.....	12.2	38.3	10.7	3.8
40-59.....	9.5	31.8	6.3	1.3
60 and over.....	5.8	20.7	4.1	1.6
20 and over.....	27.5	32.3	7.8	2.5
Females:				
6-11.....	3.2	29.9	7.8	† 1.8
12-19.....	4.0	21.7	3.7	† .4
20-39.....	11.9	19.8	3.4	1.3
40-59.....	10.1	17.8	3.4	1.2
60 and over.....	7.7	13.2	2.0	† .6
20 and over.....	29.6	17.4	3.1	1.1
All individuals.....	78.2	26.5	6.0	1.8
Black:				
Males and females:				
1-2.....	0.5	22.5	7.6	† 3.4
3-5.....	0.8	34.2	8.7	† 1.2
5 and under ‡ .....	1.5	36.6	13.7	5.8
Males:				
6-11.....	0.7	31.7	† 9.7	† 2.3
12-19.....	0.8	28.6	† 6.9	† 1.7
20-39.....	1.6	41.2	16.2	13.1
40-59.....	1.3	24.3	9.3	† 2.2
60 and over.....	0.7	13.5	† 1.8	† .9
20 and over.....	3.6	29.9	11.0	6.9
Females:				
6-11.....	0.8	34.0	† 6.3	† 0.0
12-19.....	1.0	29.8	† 5.5	† .9
20-39.....	2.1	22.3	† 6.2	† 1.9
40-59.....	1.3	13.3	† 2.5	† .7
60 and over.....	1.0	11.1	† 3.6	† 1.1
20 and over.....	4.5	17.1	4.5	† 1.4
All individuals.....	12.8	26.5	8.0	3.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 44.--Nutrient intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>Percent of kilocalories</i>						
White:								
Males and females:								
1-2.....	2.1	14.9	32.2	13.3	11.7	4.8	54.4	*
3-5.....	3.4	14.0	32.0	12.1	12.2	5.2	55.7	*
5 and under ‡ .....	6.2	13.8	32.9	13.0	12.0	5.5	54.8	*
Males:								
6-11.....	3.37	13.9	32.3	12.0	12.5	5.4	55.3	† *
12-19.....	4.27	14.4	32.9	11.8	12.8	5.8	53.4	† .6
20-39.....	12.2	15.4	33.2	11.5	12.8	6.3	49.3	3.2
40-59.....	9.5	16.0	33.7	11.1	13.0	6.9	48.8	2.8
60 and over.....	5.8	16.3	33.4	11.1	12.8	6.8	50.0	2.0
20 and over.....	27.5	15.8	33.4	11.2	12.9	6.6	49.3	2.8
Females:								
6-11.....	3.2	13.8	32.5	12.1	12.4	5.6	55.4	*
12-19.....	4.1	13.9	31.6	11.2	12.1	5.9	55.8	† .1
20-39.....	11.9	15.2	32.1	11.0	12.1	6.5	52.3	1.9
40-59.....	10.1	15.8	32.9	10.8	12.3	7.2	51.3	1.6
60 and over.....	7.7	16.7	31.9	10.4	12.1	6.8	52.4	1.0
20 and over.....	29.6	15.8	32.3	10.8	12.2	6.8	52.0	1.6
All individuals.....	78.2	15.3	32.7	11.3	12.5	6.4	51.8	1.6
Black:								
Males and females:								
1-2.....	0.8	15.1	33.5	13.2	12.4	5.4	52.6	† *
3-5.....	1.5	14.4	33.9	12.7	13.1	5.6	52.9	† *
5 and under ‡ .....	0.7	14.1	34.7	13.5	12.9	5.9	52.3	*
Males:								
6-11.....	0.8	14.2	33.5	12.1	13.2	5.8	53.4	† *
12-19.....	1.6	14.1	35.6	12.4	14.1	6.3	51.3	† *
20-39.....	1.3	16.0	35.6	11.7	13.9	7.3	47.0	2.1
40-59.....	0.7	16.2	33.1	10.8	13.0	6.4	49.5	† 2.2
60 and over.....	3.6	17.4	34.4	11.2	13.5	6.7	48.7	† .6
20 and over.....	0.8	16.3	34.4	11.3	13.5	6.8	48.2	1.9
Females:								
6-11.....	0.9	13.8	33.7	11.7	13.4	6.1	53.8	*
12-19.....	2.2	14.5	35.7	12.4	13.9	6.7	50.7	† .3
20-39.....	1.3	14.9	33.9	11.1	13.3	6.8	51.1	† 1.1
40-59.....	1.0	16.8	34.5	11.2	13.2	7.4	48.8	† 1.0
60 and over.....	4.5	16.6	33.6	10.7	12.9	7.2	51.0	† .2
20 and over.....	12.8	15.8	34.0	11.1	13.2	7.0	50.4	.9
All individuals.....	0.0	15.3	34.4	11.7	13.4	6.7	50.5	.9

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 45.--Nutrient intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
<div> <div>Percent</div> <div>-----Percent of individuals-----</div> </div>				
White:				
Males and females:				
1-2.....	2.1	35.7	18.9	86.9
3-5.....	3.3	34.8	25.0	89.3
5 and under ‡ .....	6.2	32.3	20.4	89.6
Males:				
6-11.....	3.4	31.9	27.0	83.2
12-19.....	4.3	30.4	26.6	58.0
20-39.....	12.2	27.8	30.4	55.5
40-59.....	9.5	26.5	31.7	55.5
60 and over.....	5.8	33.4	40.7	63.3
20 and over.....	27.5	28.5	33.0	57.1
Females:				
6-11.....	3.2	36.2	24.0	87.0
12-19.....	4.0	39.4	36.5	83.8
20-39.....	11.9	38.2	39.8	82.6
40-59.....	10.1	33.8	41.6	79.5
60 and over.....	7.7	40.5	46.5	82.9
20 and over.....	29.6	37.3	42.2	81.6
All individuals.....	78.2	33.3	34.7	72.7
Black:				
Males and females:				
1-2.....	0.5	29.0	17.9	82.1
3-5.....	0.8	22.9	15.8	85.5
5 and under ‡ .....	1.5	22.6	14.6	85.1
Males:				
6-11.....	0.7	23.3	15.2	74.0
12-19.....	0.8	15.5	20.9	50.4
20-39.....	1.6	25.7	26.7	45.3
40-59.....	1.3	25.7	33.8	41.9
60 and over.....	0.7	27.9	41.2	53.2
20 and over.....	3.6	26.1	32.0	45.6
Females:				
6-11.....	0.8	23.0	19.3	82.2
12-19.....	1.0	13.4	16.4	71.3
20-39.....	2.1	30.1	36.4	70.5
40-59.....	1.3	23.1	36.0	65.7
60 and over.....	1.0	34.1	44.1	77.3
20 and over.....	4.5	28.9	38.0	70.6
All individuals.....	12.8	24.7	28.5	65.0

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 46A.--Grain products: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
White:											
Males and females:											
1-2.....	2.1	202	22	51	14	7	13	11	20	8	89
3-5.....	3.4	244	37	55	20	7	11	14	31	11	97
5 and under ‡ .....	6.2	207	28	51	16	6	11	11	24	9	85
Males:											
6-11.....	3.4	304	48	76	35	8	21	18	42	17	102
12-19.....	4.3	385	57	65	31	9	18	26	51	23	163
20-39.....	12.2	394	66	75	17	22	28	19	43	19	172
40-59.....	9.5	336	67	79	16	18	30	26	49	15	99
60 and over.....	5.8	296	63	81	20	10	16	21	49	10	71
20 and over.....	27.5	353	66	78	17	18	26	22	46	16	125
Females:											
6-11.....	3.2	266	45	56	20	7	18	19	42	15	89
12-19.....	4.1	293	41	57	17	10	22	15	41	18	122
20-39.....	11.9	264	44	55	14	14	19	14	34	13	104
40-59.....	10.0	252	50	54	13	13	15	17	38	12	81
60 and over.....	7.7	223	49	59	15	7	12	14	39	7	55
20 and over.....	29.6	249	48	56	14	12	16	15	36	11	83
All individuals.....	78.1	295	53	64	17	13	20	18	40	14	106
Black:											
Males and females:											
1-2.....	0.5	229	23	80	13	16	† 8	10	15	6	96
3-5.....	0.8	260	35	88	28	21	† 7	19	18	10	90
5 and under ‡ .....	1.5	223	27	78	19	17	† 7	13	15	7	83
Males:											
6-11.....	0.7	316	36	102	24	† 31	† 9	18	44	10	106
12-19.....	0.8	405	59	99	14	† 35	† 13	23	44	† 9	170
20-39.....	1.6	361	44	80	11	45	† 10	† 32	48	8	149
40-59.....	1.3	314	53	103	9	40	† 15	22	37	4	95
60 and over.....	0.7	272	49	125	9	48	† 6	20	31	3	44
20 and over.....	3.6	326	48	97	10	44	11	26	41	6	109
Females:											
6-11.....	0.8	294	37	74	21	20	† 6	22	43	10	108
12-19.....	0.9	336	37	87	16	20	† 29	16	24	9	164
20-39.....	2.2	244	36	57	11	22	7	14	29	7	100
40-59.....	1.3	235	38	87	5	30	† 7	14	22	5	67
60 and over.....	1.0	220	34	86	10	25	† 5	22	25	5	48
20 and over.....	4.5	236	36	72	9	25	7	16	26	6	79
All individuals.....	12.8	286	40	84	13	30	10	19	32	7	103

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 46B.—Grain products: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
<hr/>											
<i>Percent</i> ----- <i>Percent</i> -----											
White:											
Males and females:											
1-2.....	2.1	† 99.0	57.2	71.8	52.8	7.8	11.5	25.0	50.6	39.8	49.5
3-5.....	3.4	† 99.7	69.3	66.7	53.8	5.9	8.2	26.1	56.6	37.0	47.1
5 and under ‡ .....	6.2	96.8	58.3	68.7	48.6	6.0	8.6	23.1	49.9	34.2	44.3
Males:											
6-11.....	3.4	† 98.9	72.1	64.4	55.6	5.5	9.1	24.1	55.0	36.4	43.0
12-19.....	4.3	† 98.3	65.4	43.3	35.1	5.6	6.3	24.0	44.8	30.8	45.1
20-39.....	12.2	95.9	68.4	34.3	20.7	8.6	8.6	18.8	37.3	29.8	41.5
40-59.....	9.5	97.5	71.1	39.3	22.3	8.9	9.5	24.8	42.4	28.4	30.2
60 and over.....	5.8	98.3	79.5	53.3	35.9	5.6	6.2	23.1	48.0	26.8	21.0
20 and over.....	27.5	96.9	71.7	40.1	24.5	8.1	8.4	21.8	41.3	28.7	33.3
Females:											
6-11.....	3.2	† 99.6	74.3	57.0	46.3	5.5	9.0	26.5	57.6	40.7	42.3
12-19.....	4.1	† 97.8	61.6	44.3	30.9	5.8	11.2	18.8	44.9	35.1	43.2
20-39.....	11.9	96.0	64.8	38.2	23.3	8.6	8.5	19.2	39.7	30.6	39.3
40-59.....	10.0	97.6	71.7	39.5	22.9	8.3	8.1	23.6	41.3	29.3	30.4
60 and over.....	7.7	98.5	76.5	51.5	33.3	5.2	6.0	20.5	46.8	26.7	20.1
20 and over.....	29.6	97.2	70.2	42.1	25.8	7.6	7.7	21.0	42.1	29.1	31.3
All individuals.....	78.1	97.3	69.3	45.2	30.0	7.3	8.2	21.9	43.9	30.6	35.3
Black:											
Males and females:											
1-2.....	0.5	† 98.6	53.4	74.6	41.0	18.2	† 5.4	25.4	35.3	28.6	42.9
3-5.....	0.8	† 98.9	64.9	73.0	51.7	18.3	† 4.7	31.6	35.7	29.9	42.8
5 and under ‡ .....	1.5	92.8	54.2	71.2	41.1	16.4	† 4.6	25.1	32.8	26.7	38.9
Males:											
6-11.....	0.7	† 97.6	51.7	69.6	46.3	16.6	† 4.0	23.8	48.6	31.0	51.6
12-19.....	0.8	† 97.0	66.1	41.9	23.3	† 12.6	† 3.8	23.8	33.9	13.2	44.6
20-39.....	1.6	† 94.3	51.6	37.5	12.5	17.7	† 3.0	27.3	25.7	14.2	35.2
40-59.....	1.3	91.1	62.0	42.4	15.5	19.7	† 3.4	19.1	31.7	11.5	25.6
60 and over.....	0.7	† 94.2	64.7	60.6	18.6	24.5	† 3.5	24.0	26.8	11.2	16.1
20 and over.....	3.6	93.1	58.0	43.7	14.8	19.8	3.2	23.6	28.1	12.6	28.0
Females:											
6-11.....	0.8	† 98.0	61.7	64.3	42.8	14.4	† 3.0	28.2	49.9	24.0	52.7
12-19.....	0.9	† 99.1	59.8	51.0	27.6	12.8	† 3.8	20.5	29.6	19.1	57.4
20-39.....	2.2	94.4	53.4	39.4	19.5	12.5	† 3.0	22.8	28.7	20.8	34.8
40-59.....	1.3	94.2	58.0	39.8	9.0	18.4	† 2.8	19.2	28.4	16.4	26.1
60 and over.....	1.0	† 97.6	60.0	51.7	24.1	16.7	† 2.2	29.7	35.0	19.1	17.0
20 and over.....	4.5	95.0	56.2	42.4	17.5	15.2	2.7	23.3	30.0	19.2	28.2
All individuals.....	12.8	95.0	57.5	49.6	23.8	16.3	3.3	23.8	32.3	18.8	35.4

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 47A.—Vegetables: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i> ----- <i>Grams</i> -----											
White:											
Males and females:											
1-2.....	2.1	82	27	11	4	7	7	2	9	10	17
3-5.....	3.4	90	37	19	3	5	12	3	4	10	15
5 and under ‡ .....	6.2	83	30	14	4	7	9	2	7	10	15
Males:											
6-11.....	3.4	117	54	27	4	5	16	6	5	12	16
12-19.....	4.3	183	92	43	† 4	7	28	13	† 4	11	24
20-39.....	12.2	235	91	39	11	7	37	19	9	14	46
40-59.....	9.5	256	81	26	14	9	40	21	9	20	62
60 and over.....	5.8	260	73	16	13	14	39	18	14	17	73
20 and over.....	27.5	248	84	30	13	9	39	19	10	17	57
Females:											
6-11.....	3.2	115	44	23	4	5	16	6	† 5	13	22
12-19.....	4.1	146	61	27	10	5	18	14	3	8	27
20-39.....	11.9	179	55	20	11	10	29	17	8	11	38
40-59.....	10.0	198	50	14	14	12	29	21	7	11	55
60 and over.....	7.7	213	51	8	15	10	31	15	10	12	69
20 and over.....	29.6	194	52	15	13	11	29	18	8	11	52
All individuals.....	78.1	195	64	23	11	9	29	16	8	13	45
Black:											
Males and females:											
1-2.....	0.5	79	33	18	6	† 4	6	† 1	8	12	† 10
3-5.....	0.8	96	39	20	6	† 4	7	† 3	9	15	† 12
5 and under ‡ .....	1.5	86	33	17	5	6	6	2	9	12	13
Males:											
6-11.....	0.7	91	40	33	† 5	† 6	9	† 5	† 4	† 11	† 11
12-19.....	0.8	169	86	61	† 17	† 1	† 34	† 8	† 1	† 5	16
20-39.....	1.6	217	81	57	† 32	† 2	27	† 12	† 4	† 24	35
40-59.....	1.3	218	62	27	20	9	30	14	† 11	30	41
60 and over.....	0.7	210	48	† 9	36	19	15	† 7	8	13	63
20 and over.....	3.6	216	68	37	28	8	26	12	† 7	24	42
Females:											
6-11.....	0.8	113	41	33	† 6	† 2	11	† 13	† 10	15	18
12-19.....	0.9	118	52	39	9	† 2	13	† 5	† 8	† 6	22
20-39.....	2.2	163	61	34	17	† 5	21	7	9	† 12	32
40-59.....	1.3	185	40	10	29	† 12	21	16	† 9	16	43
60 and over.....	1.0	195	29	† 6	43	15	19	† 10	11	† 15	53
20 and over.....	4.5	177	47	21	26	9	20	10	9	14	40
All individuals.....	12.8	164	53	30	20	7	19	9	8	15	32

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 47B.--Vegetables: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	76.8	42.1	26.6	6.4	13.0	23.5	6.5	15.2	17.9	22.0
3-5.....	3.4	79.2	49.0	36.4	5.0	10.6	33.3	10.5	9.4	15.4	25.2
5 and under ‡ .....	6.2	74.9	42.1	29.0	5.4	12.9	26.1	7.9	11.8	15.5	22.8
Males:											
6-11.....	3.4	80.7	50.6	38.4	6.1	13.6	37.8	14.4	7.4	14.8	29.9
12-19.....	4.3	79.2	51.7	38.7	† 2.7	9.2	41.8	23.8	4.3	8.2	33.1
20-39.....	12.2	86.0	51.4	35.0	8.5	10.7	42.1	27.0	6.4	9.4	44.5
40-59.....	9.5	88.1	46.4	25.3	10.6	14.1	41.8	30.8	7.6	14.3	51.4
60 and over.....	5.8	86.9	47.0	17.7	11.8	18.4	41.8	29.7	11.9	14.9	54.0
20 and over.....	27.5	86.9	48.7	27.9	9.9	13.5	41.9	28.9	8.0	12.2	48.9
Females:											
6-11.....	3.2	82.8	49.7	36.0	4.8	13.7	34.1	17.0	7.5	15.7	30.3
12-19.....	4.1	78.9	46.4	32.2	7.4	11.6	34.0	26.2	3.8	7.7	33.8
20-39.....	11.9	81.9	41.9	24.0	9.8	14.8	40.4	27.7	7.7	10.8	40.8
40-59.....	10.0	84.6	40.8	20.2	13.1	16.9	39.9	32.2	7.7	11.3	49.2
60 and over.....	7.7	87.1	41.4	12.0	13.3	15.5	39.2	29.5	11.5	14.4	54.4
20 and over.....	29.6	84.2	41.4	19.6	11.8	15.7	39.9	29.7	8.7	11.9	47.2
All individuals.....	78.1	83.6	45.6	26.5	9.4	14.0	39.0	26.0	8.1	12.2	43.0
Black:											
Males and females:											
1-2.....	0.5	77.7	46.8	36.0	13.8	6.5	23.5	† 4.1	13.0	17.6	17.5
3-5.....	0.8	82.1	50.3	36.4	9.3	† 7.3	28.6	8.8	15.5	20.8	22.7
5 and under ‡ .....	1.5	74.8	43.9	31.5	9.5	8.9	22.9	6.0	13.8	17.4	20.5
Males:											
6-11.....	0.7	75.6	51.6	46.1	† 6.3	† 7.2	31.8	11.0	† 7.7	12.6	18.0
12-19.....	0.8	78.7	51.8	47.4	† 9.6	† 2.2	48.8	23.5	† 1.1	† 2.9	31.4
20-39.....	1.6	85.9	47.7	41.3	† 19.2	† 2.7	46.0	19.1	† 2.6	† 14.3	45.1
40-59.....	1.3	79.1	40.4	25.2	12.9	8.9	40.6	20.4	† 5.7	14.4	43.8
60 and over.....	0.7	80.2	28.9	10.0	20.9	20.3	21.5	11.0	8.2	10.8	45.0
20 and over.....	3.6	82.3	41.4	29.4	17.2	8.3	39.4	18.1	4.8	13.6	44.6
Females:											
6-11.....	0.8	79.3	52.1	47.0	† 5.8	† 6.3	31.4	16.1	† 9.5	17.7	27.6
12-19.....	0.9	81.7	45.9	40.8	† 8.4	† 4.7	37.9	16.9	† 8.2	† 5.4	30.3
20-39.....	2.2	80.7	48.4	35.7	9.9	6.1	37.3	14.9	6.3	9.6	38.0
40-59.....	1.3	81.2	37.9	16.5	18.6	14.7	29.6	21.8	† 7.1	14.8	39.5
60 and over.....	1.0	80.7	24.5	† 6.8	26.0	15.1	28.5	18.2	14.3	11.7	44.7
20 and over.....	4.5	80.8	39.9	23.6	16.1	10.6	33.1	17.6	8.4	11.6	40.0
All individuals.....	12.8	80.1	43.4	31.6	13.5	8.4	34.8	16.2	7.6	12.3	35.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 48A.—Fruits: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent											
White:											
Males and females:											
1-2.....	2.1	264	46	41	2	215	26	22	8	22	137
3-5.....	3.4	223	57	48	1	163	28	14	13	21	87
5 and under ‡ .....	6.2	226	46	40	1	177	26	16	10	25	100
Males:											
6-11.....	3.4	178	69	62	† *	108	31	11	12	17	37
12-19.....	4.3	163	95	89	† *	67	13	7	† 9	8	28
20-39.....	12.2	152	83	76	† 1	67	13	13	10	13	18
40-59.....	9.5	167	69	59	1	93	17	20	18	20	17
60 and over.....	5.8	203	73	55	3	125	24	29	26	31	15
20 and over.....	27.5	168	76	66	1	88	17	19	16	19	17
Females:											
6-11.....	3.2	166	55	47	*	108	24	7	10	24	45
12-19.....	4.1	162	76	70	† *	85	13	5	† 17	15	35
20-39.....	11.9	125	55	48	† 1	68	12	13	11	13	18
40-59.....	10.0	158	62	51	1	95	20	20	25	21	10
60 and over.....	7.7	191	71	53	2	117	25	24	24	31	13
20 and over.....	29.6	153	61	50	1	90	18	19	19	20	14
All individuals.....	78.1	167	68	58	1	96	18	16	16	19	26
Black:											
Males and females:											
1-2.....	0.5	277	73	63	† *	199	19	18	† 3	26	134
3-5.....	0.8	171	69	56	† *	99	22	12	† 6	14	45
5 and under ‡ .....	1.5	200	60	50	† *	137	18	13	† 4	20	80
Males:											
6-11.....	0.7	149	41	35	0	95	† 14	† 5	† 18	24	† 34
12-19.....	0.8	156	† 110	† 107	† 4	41	† 8	† 4	0	† 4	† 26
20-39.....	1.6	104	† 62	† 59	0	41	† 4	† 5	† 4	† 7	† 21
40-59.....	1.3	210	91	78	0	118	18	25	† 33	† 14	† 29
60 and over.....	0.7	178	67	57	† 1	97	† 12	29	† 9	† 17	† 30
20 and over.....	3.6	158	74	66	† *	81	11	17	15	11	26
Females:											
6-11.....	0.8	162	77	66	† *	83	17	† 6	† 6	22	† 33
12-19.....	0.9	109	49	47	† 2	58	† 11	† 4	† 4	† 10	† 30
20-39.....	2.2	113	54	51	† *	51	5	† 9	† 11	† 9	† 17
40-59.....	1.3	147	† 79	† 63	† 2	67	14	12	† 12	20	† 9
60 and over.....	1.0	171	95	74	† 1	70	14	19	† 11	12	† 12
20 and over.....	4.5	136	70	60	† 1	60	10	12	11	13	14
All individuals.....	12.8	151	70	61	† 1	77	12	12	10	14	29

‡ Includes infants under 1; excludes breast-fed children.

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 48B.--Fruits: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent											
White:											
Males and females:											
1-2.....	2.1	79.9	23.5	18.7	6.6	71.9	25.0	23.2	7.6	21.7	44.0
3-5.....	3.4	70.3	27.2	20.8	4.0	59.4	22.9	13.7	8.2	18.3	28.6
5 and under ‡ .....	6.2	73.2	22.9	17.8	4.4	64.5	23.6	16.5	7.3	22.1	34.4
Males:											
6-11.....	3.4	54.5	24.8	21.8	† 1.3	43.6	19.9	7.7	6.5	13.6	10.9
12-19.....	4.3	43.7	25.3	22.2	† 1.0	26.2	8.8	5.7	† 3.7	6.6	7.5
20-39.....	12.2	39.0	21.6	18.1	† 1.2	25.7	7.5	9.7	5.1	8.6	4.0
40-59.....	9.5	51.9	25.6	19.8	2.2	37.2	10.7	14.5	8.5	12.8	5.0
60 and over.....	5.8	66.6	36.0	26.0	5.7	52.2	15.6	27.1	12.2	18.7	5.3
20 and over.....	27.5	49.3	26.1	20.4	2.5	35.3	10.3	15.0	7.8	12.2	4.6
Females:											
6-11.....	3.2	61.9	24.2	18.2	† 1.0	50.2	17.6	6.4	8.9	19.0	17.1
12-19.....	4.1	46.4	22.3	18.0	† .6	30.4	7.9	4.2	6.9	11.8	9.8
20-39.....	11.9	46.2	21.5	15.9	2.2	32.1	8.2	11.4	6.7	10.9	5.4
40-59.....	10.0	55.7	27.9	20.8	1.8	42.8	12.7	16.6	12.7	14.7	3.8
60 and over.....	7.7	70.7	38.5	28.7	4.9	55.6	16.9	24.7	13.1	21.7	5.6
20 and over.....	29.6	55.8	28.1	20.9	2.8	41.8	12.0	16.6	10.4	15.0	4.9
All individuals.....	78.1	53.9	26.2	20.3	2.4	40.3	12.5	14.0	8.5	14.0	8.3
Black:											
Males and females:											
1-2.....	0.5	70.7	32.0	24.5	† 2.0	52.8	15.1	13.5	† 3.2	21.4	32.9
3-5.....	0.8	61.8	32.1	26.6	† 1.0	43.8	16.9	11.3	† 4.2	13.8	17.2
5 and under ‡ .....	1.5	62.5	27.5	22.1	† 1.2	47.1	14.9	12.2	3.3	17.1	24.8
Males:											
6-11.....	0.7	52.1	18.2	14.6	† 0.0	36.2	† 11.8	† 4.7	† 6.4	17.5	† 11.2
12-19.....	0.8	33.2	20.4	19.6	† 1.9	16.3	† 4.6	† 2.8	† 0.0	† 4.2	† 8.7
20-39.....	1.6	34.8	18.4	† 15.1	† 0.0	16.3	† 1.9	† 4.3	† 1.9	† 3.7	† 6.2
40-59.....	1.3	45.5	28.0	20.8	† 0.0	29.5	9.5	13.1	7.3	8.0	6.6
60 and over.....	0.7	62.6	25.8	23.0	† 1.7	43.3	8.1	23.4	† 5.5	9.6	† 8.1
20 and over.....	3.6	44.0	23.4	18.7	† .3	26.3	5.9	11.2	4.6	6.4	6.7
Females:											
6-11.....	0.8	55.5	32.6	25.6	† .9	35.5	13.2	† 5.3	† 2.8	14.7	† 11.3
12-19.....	0.9	36.2	19.4	16.3	† 2.5	21.0	† 4.5	† 2.2	† 2.2	† 6.8	† 7.1
20-39.....	2.2	38.2	20.2	17.0	† .3	19.9	† 3.7	5.8	† 4.4	† 7.3	† 4.9
40-59.....	1.3	47.4	26.6	17.6	† 3.0	30.7	† 10.7	9.3	† 7.6	14.7	† 3.5
60 and over.....	1.0	59.6	36.4	26.9	† 2.5	39.6	9.3	17.7	† 6.7	11.0	† 5.9
20 and over.....	4.5	45.7	25.7	19.4	† 1.5	27.5	7.0	9.6	5.8	10.3	4.7
All individuals.....	12.8	46.7	24.5	19.4	1.1	29.3	7.9	8.8	4.4	10.0	8.8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 49A.--Milk and milk products: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent ----- Grams -----										
White:										
Males and females:										
1-2.....	2.1	489	461	420	241	162	14	14	15	12
3-5.....	3.4	400	357	318	108	176	29	10	28	14
5 and under ‡ .....	6.2	469	435	321	144	153	20	10	21	12
Males:										
6-11.....	3.4	473	418	347	88	212	41	7	40	13
12-19.....	4.3	454	395	336	85	193	54	† 4	34	22
20-39.....	12.2	265	206	187	58	90	35	8	29	23
40-59.....	9.5	255	196	176	42	87	46	7	35	18
60 and over.....	5.8	264	201	184	42	90	50	4	40	16
20 and over.....	27.5	262	202	183	49	89	42	7	33	20
Females:										
6-11.....	3.2	411	357	300	87	169	34	† 3	36	16
12-19.....	4.1	282	230	201	50	111	38	† 5	30	15
20-39.....	11.9	219	174	143	33	66	42	11	22	18
40-59.....	10.0	195	147	123	21	53	47	14	27	16
60 and over.....	7.7	212	164	144	25	69	48	10	29	14
20 and over.....	29.6	209	162	137	27	62	45	12	25	16
All individuals.....	78.1	285	233	197	53	99	41	9	30	17
Black:										
Males and females:										
1-2.....	0.5	372	351	318	276	35	† 3	† 2	† 13	8
3-5.....	0.8	334	309	289	227	52	† 6	5	15	9
5 and under ‡ .....	1.5	416	395	270	223	40	† 4	3	12	7
Males:										
6-11.....	0.7	326	293	259	188	42	† 17	† 1	27	6
12-19.....	0.8	266	235	189	134	† 36	0	0	† 18	13
20-39.....	1.6	† 205	160	108	66	† 41	† 1	† 2	† 30	9
40-59.....	1.3	158	121	106	52	† 37	† 8	0	† 28	8
60 and over.....	0.7	152	132	118	54	54	† 7	† 2	† 12	3
20 and over.....	3.6	178	140	109	58	42	† 5	† 1	† 26	7
Females:										
6-11.....	0.8	270	247	212	145	44	† 7	† 3	† 16	† 7
12-19.....	0.9	186	144	116	† 93	18	† 5	0	26	16
20-39.....	2.2	127	106	93	74	† 13	† 6	† 5	† 9	† 10
40-59.....	1.3	122	88	74	40	† 24	† 9	† 8	23	9
60 and over.....	1.0	135	111	101	35	48	17	† 4	21	2
20 and over.....	4.5	127	102	89	55	24	9	6	16	8
All individuals.....	12.8	208	178	141	96	33	7	3	20	8

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 49B.—Milk and milk products: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	95.4	91.7	88.4	48.4	38.0	4.5	9.9	18.8	34.1	
3-5.....	3.4	93.3	87.3	84.3	33.1	48.9	7.7	6.7	26.4	36.8	
5 and under ‡ .....	6.2	92.7	88.2	76.7	35.0	39.7	5.7	7.0	21.8	32.3	
Males:											
6-11.....	3.4	92.8	85.3	79.8	24.0	50.3	11.7	4.1	27.9	34.4	
12-19.....	4.3	83.3	68.5	62.0	18.3	36.1	9.2	† 2.1	15.7	39.8	
20-39.....	12.2	74.7	49.3	46.1	14.0	23.6	8.4	3.1	16.0	40.4	
40-59.....	9.5	76.6	54.3	51.0	13.9	24.7	13.3	3.6	18.7	32.5	
60 and over.....	5.8	85.9	69.3	66.5	15.5	34.1	16.8	2.1	25.5	29.7	
20 and over.....	27.5	77.7	55.3	52.1	14.3	26.2	11.9	3.1	18.9	35.4	
Females:											
6-11.....	3.2	92.2	83.0	76.8	26.6	46.4	9.4	† 3.2	26.2	35.3	
12-19.....	4.1	79.2	55.9	52.2	13.5	28.2	11.9	2.8	18.7	38.7	
20-39.....	11.9	78.5	55.2	49.9	12.8	24.1	13.8	5.7	14.5	39.0	
40-59.....	10.0	79.1	55.8	50.8	11.2	23.8	17.3	7.1	17.5	35.0	
60 and over.....	7.7	83.0	64.9	61.9	13.8	30.0	19.2	4.6	22.7	28.2	
20 and over.....	29.6	79.9	57.9	53.3	12.5	25.5	16.4	5.9	17.7	34.9	
All individuals.....	78.1	81.3	62.0	57.3	16.3	29.5	12.8	4.4	19.2	35.3	
Black:											
Males and females:											
1-2.....	0.5	86.1	83.5	80.2	66.3	13.1	† 1.1	† 1.9	10.4	22.8	
3-5.....	0.8	89.7	80.2	78.7	59.7	18.4	† 2.1	† 3.2	12.0	30.5	
5 and under ‡ .....	1.5	88.0	82.1	69.9	55.0	14.3	† 1.5	† 2.3	9.8	24.1	
Males:											
6-11.....	0.7	86.8	80.6	75.6	53.5	15.4	† 5.6	† .8	20.7	16.5	
12-19.....	0.8	73.5	55.8	48.6	33.1	12.2	† 0.0	† 0.0	† 9.4	28.2	
20-39.....	1.6	55.5	34.6	30.0	18.8	10.6	† .3	† .9	† 9.0	20.3	
40-59.....	1.3	56.4	33.6	31.8	15.4	9.9	† 3.1	† 0.0	11.9	20.4	
60 and over.....	0.7	57.2	46.4	43.6	17.0	18.6	† 5.6	† 1.4	† 9.0	10.9	
20 and over.....	3.6	56.2	36.5	33.3	17.2	11.8	† 2.4	† .7	10.1	18.6	
Females:											
6-11.....	0.8	79.6	71.9	69.9	47.0	17.9	† 2.8	† 1.5	† 15.4	16.1	
12-19.....	0.9	60.8	42.7	36.7	27.8	8.9	† 1.5	† 0.0	13.0	28.5	
20-39.....	2.2	55.9	37.5	35.2	25.5	† 5.6	† 2.1	† 1.8	† 7.3	21.1	
40-59.....	1.3	61.0	39.1	35.3	19.3	† 5.7	† 4.2	† 3.0	13.6	20.6	
60 and over.....	1.0	69.4	57.0	53.5	22.4	20.0	10.1	† 1.8	15.3	11.8	
20 and over.....	4.5	60.5	42.4	39.4	23.0	8.9	4.5	2.2	11.0	18.8	
All individuals.....	12.8	66.0	50.2	45.5	29.3	11.5	3.0	1.4	11.4	20.4	

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 50A.—Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent							Grams			
White:											
Males and females:											
1-2.....	2.1	81	5	3	† *	0.0	14	13	12	2	41
3-5.....	3.4	102	11	5	† *	† *	18	17	15	3	47
5 and under ‡ .....	6.2	86	8	4	† *	† *	15	14	13	3	42
Males:											
6-11.....	3.4	148	21	7	† *	† *	23	20	18	5	68
12-19.....	4.3	249	29	8	† 1	0	30	32	25	7	135
20-39.....	12.2	280	40	13	† 2	† *	29	33	27	11	147
40-59.....	9.5	263	36	13	1	† 1	31	31	25	12	132
60 and over.....	5.8	214	24	15	† 1	1	23	21	18	16	107
20 and over.....	27.5	260	35	13	2	1	28	30	24	13	133
Females:											
6-11.....	3.2	124	16	4	† *	0	18	18	15	5	61
12-19.....	4.1	151	19	5	† *	0	12	20	17	5	85
20-39.....	11.9	164	19	8	† 1	† *	15	20	18	7	91
40-59.....	10.0	163	19	9	† 1	† *	14	20	15	10	87
60 and over.....	7.7	154	15	10	1	† 1	14	20	17	12	79
20 and over.....	29.6	161	18	9	1	*	14	20	17	9	87
All individuals.....	78.1	192	24	9	1	*	21	24	20	9	100
Black:											
Males and females:											
1-2.....	0.5	110	12	6	† *	0	26	23	22	† 7	33
3-5.....	0.8	124	11	6	0	† 1	33	29	26	† 4	38
5 and under ‡ .....	1.5	107	11	5	† *	† 1	27	23	21	5	34
Males:											
6-11.....	0.7	156	9	11	† *	† 1	25	37	36	† 12	59
12-19.....	0.8	222	38	19	0	0	31	42	40	† 15	75
20-39.....	1.6	349	† 57	16	† 5	† 2	43	65	53	† 34	127
40-59.....	1.3	299	36	27	† *	† 5	33	47	41	28	117
60 and over.....	0.7	209	† 24	23	† 3	† 4	20	38	31	† 19	68
20 and over.....	3.6	304	43	21	† 3	† 3	35	53	44	28	112
Females:											
6-11.....	0.8	153	16	† 10	† 1	† 1	21	24	20	† 6	72
12-19.....	0.9	210	25	† 9	0	† *	29	28	27	8	105
20-39.....	2.2	209	18	15	† 1	† 1	30	39	37	† 11	90
40-59.....	1.3	183	18	18	† 1	† 1	17	51	46	20	53
60 and over.....	1.0	146	† 12	14	† 1	† 1	19	30	24	† 11	55
20 and over.....	4.5	187	17	16	† 1	† 1	24	40	37	14	71
All individuals.....	12.8	210	25	15	† 1	† 2	28	40	35	16	81

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 50B.—Meat, poultry, and fish: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	78.1	12.7	8.9	† 1.2	† 0.0	28.3	23.4	21.6	4.1	31.8
3-5.....	3.4	84.5	16.7	13.1	† .7	† .1	32.5	23.6	21.2	4.6	31.6
5 and under ‡ .....	6.2	76.2	13.5	10.2	.8	† *	27.8	21.7	19.5	4.0	30.0
Males:											
6-11.....	3.4	85.5	23.8	12.5	† .4	† .2	35.2	19.8	17.6	5.1	34.3
12-19.....	4.3	87.1	23.6	13.2	† .9	† 0.0	34.8	20.2	16.7	4.6	38.1
20-39.....	12.2	89.5	25.2	13.4	1.3	† .3	31.1	22.1	18.3	7.7	41.9
40-59.....	9.5	90.2	25.3	18.3	† 1.1	† .8	33.1	22.4	17.7	9.0	38.6
60 and over.....	5.8	91.7	21.7	21.8	† 1.3	.9	33.0	19.0	15.3	11.9	37.8
20 and over.....	27.5	90.2	24.5	16.9	1.2	.6	32.2	21.5	17.4	9.0	39.9
Females:											
6-11.....	3.2	83.4	19.9	9.0	† .2	† 0.0	31.2	20.7	17.6	5.4	31.7
12-19.....	4.1	78.5	20.5	11.4	† .1	† 0.0	21.6	19.5	17.4	5.2	34.0
20-39.....	11.9	80.8	18.0	12.6	† .6	† .2	23.5	19.7	16.7	5.2	37.3
40-59.....	10.0	85.0	18.3	16.2	† 1.0	† .4	23.1	21.8	16.4	8.9	34.4
60 and over.....	7.7	87.7	17.7	19.2	1.2	† .9	25.1	21.0	18.0	10.2	34.3
20 and over.....	29.6	84.0	18.0	15.5	.9	.5	23.8	20.7	16.9	7.7	35.5
All individuals.....	78.1	85.5	20.7	14.8	.9	.4	28.3	21.0	17.4	7.4	36.5
Black:											
Males and females:											
1-2.....	0.5	92.2	21.0	16.8	† .7	† 0.0	42.1	38.8	37.0	† 7.7	28.4
3-5.....	0.8	† 96.3	17.7	16.4	† 0.0	† .8	52.4	39.5	37.2	† 7.0	31.8
5 and under ‡ .....	1.5	86.6	16.8	14.2	† .2	† .8	43.2	34.2	32.1	6.6	29.2
Males:											
6-11.....	0.7	† 90.3	13.4	17.6	† .6	† .8	34.5	35.0	32.9	† 7.2	33.2
12-19.....	0.8	88.4	30.2	30.1	† 0.0	† 0.0	28.7	26.4	24.5	† 7.4	27.3
20-39.....	1.6	92.4	23.1	19.6	† 2.0	† 1.8	39.7	34.4	33.3	† 17.2	37.9
40-59.....	1.3	92.3	22.6	30.6	† .8	† 2.8	35.5	26.7	22.9	13.7	34.2
60 and over.....	0.7	† 96.7	23.6	41.1	† 2.7	† 3.0	29.8	36.2	29.9	10.0	26.2
20 and over.....	3.6	93.2	23.0	27.8	† 1.7	† 2.4	36.3	31.9	28.8	14.5	34.3
Females:											
6-11.....	0.8	† 93.2	16.4	19.1	† .7	† 1.5	39.2	27.2	23.6	† 6.9	37.7
12-19.....	0.9	† 92.8	25.6	14.8	† 0.0	† .6	39.7	32.6	29.8	† 9.3	37.2
20-39.....	2.2	88.9	17.5	21.2	† .4	† 1.0	33.2	32.3	30.5	8.0	32.4
40-59.....	1.3	94.4	16.0	28.1	† .6	† 1.7	26.6	44.0	39.4	10.0	25.7
60 and over.....	1.0	93.7	16.6	27.0	† 1.2	† 1.0	29.3	35.0	30.2	8.6	23.8
20 and over.....	4.5	91.6	16.8	24.5	† .6	† 1.2	30.4	36.3	33.0	8.7	28.5
All individuals.....	12.8	91.4	19.8	23.1	† .8	† 1.4	34.9	33.3	30.4	9.9	31.6

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 51A.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by race,  
1 day, 1994-96

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent</i> ----- <i>Grams</i> -----										
White:										
Males and females:										
1-2.....	2.1	15	15	3	3	2	1	17	*	4
3-5.....	3.4	11	8	6	5	3	2	34	1	9
5 and under ‡ .....	6.2	11	30	4	4	2	2	24	*	6
Males:										
6-11.....	3.4	12	10	5	9	3	5	43	1	15
12-19.....	4.3	18	13	6	13	4	9	39	2	14
20-39.....	12.2	21	29	5	17	4	11	23	4	9
40-59.....	9.5	22	26	5	21	6	12	25	5	7
60 and over.....	5.8	23	35	4	19	6	10	25	5	4
20 and over.....	27.5	22	29	5	19	5	11	24	5	7
Females:										
6-11.....	3.2	11	10	5	7	3	4	48	1	15
12-19.....	4.1	12	† 13	3	11	3	7	31	2	13
20-39.....	11.9	15	20	3	16	3	11	21	4	6
40-59.....	10.0	15	19	3	19	4	12	22	3	7
60 and over.....	7.7	15	22	3	16	5	8	19	2	3
20 and over.....	29.6	15	20	3	17	4	10	21	3	6
All individuals.....	78.1	17	22	4	15	4	9	26	3	8
Black:										
Males and females:										
1-2.....	0.5	13	18	† 3	2	1	2	17	1	† 2
3-5.....	0.8	11	† 11	5	3	1	2	39	2	6
5 and under ‡ .....	1.5	12	31	3	3	1	2	26	1	4
Males:										
6-11.....	0.7	11	† 16	† 6	4	† 2	3	39	† 2	† 7
12-19.....	0.8	28	† 12	† 6	10	† 1	7	34	† 3	† 11
20-39.....	1.6	25	† 14	† 1	† 21	† 8	8	† 33	2	† 5
40-59.....	1.3	34	37	† 3	11	3	6	18	† 6	† 8
60 and over.....	0.7	37	† 53	† 2	9	3	4	† 16	6	† 2
20 and over.....	3.6	31	30	2	15	† 5	6	24	4	5
Females:										
6-11.....	0.8	11	† 8	† 5	9	2	† 6	30	† 1	† 6
12-19.....	0.9	15	† 21	† 2	8	1	7	28	† 2	7
20-39.....	2.2	14	† 10	† 1	8	2	5	20	4	4
40-59.....	1.3	21	20	† 2	12	2	8	19	7	5
60 and over.....	1.0	23	† 23	† 2	9	3	6	13	5	† 1
20 and over.....	4.5	18	16	2	9	2	6	18	5	4
All individuals.....	12.8	20	21	3	10	3	6	24	4	5

\* Value less than 0.5 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 51B.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<hr/>										
<i>Percent</i> <span style="float:right"><i>Percent</i></span>										
<hr/>										
White:										
Males and females:										
1-2.....	2.1	22.3	9.2	17.5	40.5	32.3	11.0	46.3	6.9	18.1
3-5.....	3.4	14.4	8.0	22.6	46.0	31.6	19.2	60.2	10.8	26.4
5 and under ‡ .....	6.2	16.0	10.0	18.3	39.4	28.6	14.4	49.1	8.4	20.4
Males:										
6-11.....	3.4	14.1	9.3	15.9	51.3	31.8	27.2	61.7	10.9	34.5
12-19.....	4.3	14.0	10.2	9.2	46.0	24.2	28.9	48.7	12.5	23.1
20-39.....	12.2	17.0	13.3	8.1	53.6	25.1	32.3	44.8	24.4	14.8
40-59.....	9.5	20.6	12.7	9.9	63.6	36.0	35.6	56.1	37.4	12.3
60 and over.....	5.8	25.5	15.1	11.1	71.1	48.0	35.1	64.3	44.0	10.0
20 and over.....	27.5	20.0	13.5	9.4	60.7	33.7	34.0	52.8	33.0	12.9
Females:										
6-11.....	3.2	12.7	10.0	18.0	51.7	34.1	23.0	63.9	13.9	32.5
12-19.....	4.1	12.7	9.4	9.4	49.0	27.9	29.4	46.4	11.1	25.2
20-39.....	11.9	15.3	15.1	7.9	57.3	29.1	31.6	53.8	33.3	13.7
40-59.....	10.0	17.1	13.5	7.7	67.8	38.6	38.2	60.2	38.1	16.1
60 and over.....	7.7	20.6	13.6	10.0	68.0	44.8	32.9	58.6	36.6	9.4
20 and over.....	29.6	17.3	14.2	8.4	63.7	36.4	34.2	57.2	35.8	13.4
All individuals.....	78.1	17.4	12.7	10.3	58.0	33.4	31.3	54.5	28.1	16.6
Black:										
Males and females:										
1-2.....	0.5	29.9	9.7	12.8	28.3	16.1	15.2	44.7	14.6	8.2
3-5.....	0.8	21.9	7.9	19.0	34.3	19.8	17.1	61.7	15.9	19.5
5 and under ‡ .....	1.5	23.9	10.5	14.3	28.6	16.4	14.5	48.1	13.2	13.4
Males:										
6-11.....	0.7	17.6	† 9.2	16.7	33.7	16.7	21.1	57.3	15.8	13.9
12-19.....	0.8	24.7	† 8.1	† 12.3	37.9	† 13.8	26.6	43.8	13.8	15.7
20-39.....	1.6	22.9	† 7.6	† 2.3	50.9	26.5	23.3	42.7	25.4	† 7.8
40-59.....	1.3	30.4	18.1	† 4.0	43.2	25.2	21.0	47.6	33.0	11.8
60 and over.....	0.7	42.7	11.7	† 6.6	60.9	38.4	22.5	57.1	48.7	8.2
20 and over.....	3.6	29.4	12.3	3.8	49.9	28.3	22.3	47.3	32.6	9.4
Females:										
6-11.....	0.8	17.6	† 8.4	16.0	44.4	23.4	26.0	55.8	11.6	17.1
12-19.....	0.9	20.3	13.7	† 3.5	39.5	13.2	31.3	46.7	13.1	17.6
20-39.....	2.2	20.4	6.4	† 2.6	42.4	19.2	22.4	46.7	25.6	10.1
40-59.....	1.3	27.3	15.9	6.6	51.9	26.3	28.0	59.2	46.8	8.9
60 and over.....	1.0	28.7	9.9	7.0	57.0	33.9	22.5	59.1	49.6	† 2.9
20 and over.....	4.5	24.3	9.9	4.7	48.5	24.6	24.0	53.1	37.2	8.1
All individuals.....	12.8	24.6	10.7	7.3	44.2	22.6	23.1	50.2	27.1	11.1

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 52A.--Beverages: Mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i> ----- <i>Grams</i> -----														
White:														
Males and females:														
1-2.....	2.1	148	0.0	0.0	0.0	148	† *	22	86	74	10	40	36	† 4
3-5.....	3.4	270	0	0	0	270	† *	28	127	117	8	115	99	14
5 and under ‡ .....	6.2	198	0	0	0	198	† *	23	98	90	7	76	66	9
Males:														
6-11.....	3.4	420	† *	0	0	420	† 2	41	138	122	16	239	208	30
12-19.....	4.3	1,046	† 55	† 1	† 50	991	24	117	185	128	52	664	633	31
20-39.....	12.2	1,547	345	12	320	1,203	327	181	94	66	28	599	490	109
40-59.....	9.5	1,435	211	19	182	1,224	585	189	72	53	18	374	248	126
60 and over.....	5.8	935	110	15	88	825	499	140	39	31	† 8	144	80	64
20 and over.....	27.5	1,379	249	15	223	1,130	452	175	75	54	20	425	319	105
Females:														
6-11.....	3.2	362	† *	0	0	362	† 2	41	114	104	† 9	206	181	25
12-19.....	4.1	681	† 9	† 1	† 8	671	† 18	103	119	98	† 19	430	373	53
20-39.....	11.9	1,045	97	14	73	949	257	178	78	69	9	434	283	151
40-59.....	10.0	1,049	60	21	31	989	454	190	45	33	† 11	299	140	159
60 and over.....	7.7	723	23	12	7	700	398	158	30	23	† 6	112	58	53
20 and over.....	29.6	963	65	16	41	898	361	177	54	45	9	305	176	128
All individuals.....	78.1	991	116	11	97	875	298	145	81	65	16	348	255	93
Black:														
Males and females:														
1-2.....	0.5	197	0	0	0	197	0	† 10	139	131	† 5	48	45	† 3
3-5.....	0.8	299	0	0	0	299	0	† 15	208	201	† 7	76	74	† 2
5 and under ‡ .....	1.5	227	0	0	0	227	0	11	160	152	† 6	56	54	† 2
Males:														
6-11.....	0.7	423	0	0	0	423	0	† 42	234	217	† 11	146	143	0
12-19.....	0.8	905	† 4	0	† 4	902	0	† 134	319	304	† 14	449	441	† 9
20-39.....	1.6	1,030	† 211	† 3	† 201	819	† 84	† 133	214	188	26	387	371	† 16
40-59.....	1.3	981	† 119	† 3	† 101	863	195	98	† 185	† 171	† 14	385	336	† 49
60 and over.....	0.7	615	† 25	† *	† 23	590	211	105	94	81	† 13	174	126	47
20 and over.....	3.6	933	141	† 2	130	792	150	115	180	161	19	346	312	34
Females:														
6-11.....	0.8	416	0	0	0	416	0	† 23	195	179	16	199	188	† 7
12-19.....	0.9	541	† 2	0	0	539	† *	67	212	186	† 26	259	248	† 12
20-39.....	2.2	747	† 44	† 1	† 34	703	74	74	168	163	† 5	387	381	† 6
40-59.....	1.3	812	† 57	† 7	† 48	756	253	126	144	126	† 18	232	165	66
60 and over.....	1.0	532	† 3	† 2	0	529	176	107	93	78	† 15	152	120	31
20 and over.....	4.5	717	38	† 3	† 30	678	149	96	144	133	11	289	259	29
All individuals.....	12.8	684	53	† 2	47	630	94	84	180	165	14	272	250	22

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 52B.--Beverages: Percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>														
White:														
Males and females:														
1-2.....	2.1	46.8	† 0.0	† 0.0	† 0.0	46.8	† 0.2	8.0	27.5	24.0	3.1	20.2	18.1	2.3
3-5.....	3.4	68.9	† 0.0	† 0.0	† 0.0	68.9	† .5	9.6	37.1	34.2	3.3	39.2	33.8	5.8
5 and under ‡ .....	6.2	53.7	† 0.0	† 0.0	† 0.0	53.7	† .3	8.0	29.8	27.1	2.8	28.3	24.7	3.9
Males:														
6-11.....	3.4	73.7	† .3	† 0.0	† 0.0	73.7	† 1.1	9.1	35.9	32.3	5.1	48.7	44.1	7.3
12-19.....	4.3	87.8	3.4	† .4	† 2.6	87.5	6.3	16.7	25.4	19.7	6.8	72.5	69.0	6.1
20-39.....	12.2	93.8	28.1	3.9	23.4	90.9	40.7	22.7	15.0	12.0	3.7	66.7	56.2	12.4
40-59.....	9.5	96.3	25.6	6.8	16.9	94.7	70.9	26.8	13.1	10.5	2.5	52.2	35.8	18.9
60 and over.....	5.8	94.5	18.6	6.4	8.8	93.6	79.8	26.0	9.2	7.9	1.5	30.7	18.1	13.3
20 and over.....	27.5	94.8	25.2	5.4	18.0	92.8	59.4	24.8	13.1	10.6	2.8	54.1	41.1	14.8
Females:														
6-11.....	3.2	70.2	† .3	† 0.0	† 0.0	70.2	† .8	12.4	33.1	30.9	2.2	46.4	41.8	7.6
12-19.....	4.1	87.2	† 1.7	† .5	† 1.2	87.2	4.3	20.1	23.1	20.0	† 3.7	65.6	58.0	10.4
20-39.....	11.9	91.3	15.2	4.8	7.8	89.9	39.5	29.4	16.3	14.2	2.2	60.3	41.8	21.3
40-59.....	10.0	95.3	13.9	7.5	4.0	94.7	66.7	32.9	10.5	8.3	2.0	52.1	28.1	26.1
60 and over.....	7.7	91.7	10.4	6.3	1.4	91.0	74.0	32.4	9.8	7.9	1.6	27.7	14.7	13.6
20 and over.....	29.6	92.7	13.6	6.1	4.9	91.8	57.7	31.4	12.7	10.6	2.0	49.1	30.1	20.9
All individuals.....	78.1	88.1	14.3	4.3	8.4	87.0	43.4	24.1	17.2	14.6	2.8	51.2	38.2	14.9
Black:														
Males and females:														
1-2.....	0.5	60.5	† 0.0	† 0.0	† 0.0	60.5	† 0.0	† 5.9	43.5	41.4	† 2.1	24.1	23.2	† .9
3-5.....	0.8	77.6	† 0.0	† 0.0	† 0.0	77.6	† 0.0	† 5.1	57.5	56.3	† 2.0	27.3	26.5	† .8
5 and under ‡ .....	1.5	62.5	† 0.0	† 0.0	† 0.0	62.5	† 0.0	4.7	46.3	44.4	† 2.1	22.4	21.7	† .7
Males:														
6-11.....	0.7	80.9	† 0.0	† 0.0	† 0.0	80.9	† 0.0	11.2	56.7	53.1	† 4.0	37.2	36.4	† 0.0
12-19.....	0.8	† 90.9	† 1.0	† 0.0	† 1.0	† 90.9	† 0.0	† 16.4	39.0	36.6	† 2.3	60.8	59.8	† 2.4
20-39.....	1.6	90.9	15.3	† 1.1	14.2	87.4	23.0	† 20.9	32.5	28.2	† 4.8	56.5	53.6	† 3.4
40-59.....	1.3	90.1	12.8	† .6	10.5	88.8	37.1	17.4	24.8	22.6	† 2.6	55.1	49.6	† 7.0
60 and over.....	0.7	86.1	† 5.2	† .6	† 4.0	85.2	53.4	26.1	20.1	17.6	† 2.4	35.9	27.4	9.5
20 and over.....	3.6	89.7	12.4	† .8	10.9	87.5	34.0	20.6	27.3	24.1	3.5	52.1	47.1	5.9
Females:														
6-11.....	0.8	82.4	† 0.0	† 0.0	† 0.0	82.4	† 0.0	† 7.9	48.4	43.9	† 4.5	39.7	36.3	† 2.2
12-19.....	0.9	88.1	† 1.1	† 0.0	† 0.0	88.1	† .8	18.4	45.8	41.2	† 5.5	49.6	49.0	† 1.9
20-39.....	2.2	89.3	† 6.3	† 1.3	† 3.8	88.7	18.4	17.5	29.8	29.0	† 1.2	62.2	60.8	† 1.4
40-59.....	1.3	89.7	9.9	† 1.2	† 7.2	87.8	46.9	29.0	25.8	23.4	† 2.4	42.4	33.4	9.0
60 and over.....	1.0	82.6	† 1.5	† .7	† 0.0	82.6	51.5	22.5	23.0	20.1	† 2.8	35.3	26.7	9.0
20 and over.....	4.5	87.9	6.3	† 1.1	3.9	87.0	34.1	22.0	27.1	25.4	† 1.9	50.4	45.1	5.3
All individuals.....	12.8	84.9	5.8	† .6	4.5	84.0	21.5	17.5	34.5	31.8	3.0	46.8	43.1	4.0

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



**Table 53A.--Grain group: Mean numbers of Pyramid servings consumed per day, by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day, depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
	<i>Percent</i>	<i>Servings ‡</i>		
White:				
Males:				
2-5.....	2.3	6.6	1.1	5.5
6-11.....	3.5	7.1	1.1	5.9
12-19.....	4.4	9.3	1.2	8.1
20-39.....	12.5	8.6	1.2	7.4
40-59.....	9.8	7.6	1.2	6.4
60 and over.....	6.0	6.7	1.3	5.4
20 and over.....	28.2	7.9	1.2	6.6
Females:				
2-5.....	2.2	6.2	1.0	5.2
6-11.....	3.3	6.2	.9	5.3
12-19.....	4.1	6.4	.9	5.5
20-39.....	12.2	5.9	.9	5.0
40-59.....	10.3	5.7	.9	4.8
60 and over.....	7.9	4.9	1.0	4.0
20 and over.....	30.4	5.6	.9	4.6
All individuals 2 and over.....	78.4	6.8	1.1	5.7
Black:				
Males:				
2-5.....	0.6	6.5	1.0	5.5
6-11.....	0.7	6.5	.7	5.7
12-19.....	0.8	8.2	.9	7.4
20-39.....	1.7	9.1	.7	8.4
40-59.....	1.3	6.4	.8	5.6
60 and over.....	0.7	5.4	.6	4.8
20 and over.....	3.7	7.4	.7	6.7
Females:				
2-5.....	0.6	6.0	.8	5.1
6-11.....	0.8	5.7	.6	5.0
12-19.....	1.1	5.9	.6	5.3
20-39.....	2.2	5.3	.6	4.8
40-59.....	1.4	4.7	.7	4.0
60 and over.....	1.0	4.3	.7	3.6
20 and over.....	4.6	4.9	.6	4.3
All individuals 2 and over.....	12.7	6.2	.7	5.5

‡ See "appendix D." for definitions of servings

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 53B.--Grain group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by race,  
2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	† *	57	53
6-11.....	3.5	† *	63	48
12-19.....	4.4	† 0	79	48
20-39.....	12.5	† *	71	44
40-59.....	9.8	† *	65	39
60 and over.....	6.0	† *	56	41
20 and over.....	28.2	† *	66	41
Females:				
2-5.....	2.2	† *	51	49
6-11.....	3.3	† *	49	40
12-19.....	4.1	† *	51	37
20-39.....	12.2	1	43	34
40-59.....	10.3	† 1	39	34
60 and over.....	7.9	1	28	25
20 and over.....	30.4	1	38	32
All individuals 2 and over.....	78.4	1	53	39
Black:				
Males:				
2-5.....	0.6	† 0	58	54
6-11.....	0.7	† *	52	37
12-19.....	0.8	† 1	62	39
20-39.....	1.7	† 3	61	37
40-59.....	1.3	† 2	53	27
60 and over.....	0.7	† 1	30	23
20 and over.....	3.7	† 2	52	31
Females:				
2-5.....	0.6	† 0	43	36
6-11.....	0.8	† 0	36	30
12-19.....	1.1	† 1	40	27
20-39.....	2.2	† 1	31	22
40-59.....	1.4	† 3	23	17
60 and over.....	1.0	† 1	20	19
20 and over.....	4.6	† 1	26	20
All individuals 2 and over.....	12.7	1	41	29

‡ See "Table notes."

† See "Statistical notes," appendix B.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 54A.--Vegetable group: Mean numbers of Pyramid servings consumed per day, by race, 2-day average, 1994-96**  
 USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
<i>Percent</i> ----- <i>Servings ‡</i> -----									
White:									
Males:									
2-5.....	2.3	2.1	0.1	0.1	0.1	0.9	0.2	0.3	0.4
6-11.....	3.5	2.2	.1	.1	.1	1.0	.2	.4	.5
12-19.....	4.4	3.7	.1	.1	.2	1.8	.2	.6	.8
20-39.....	12.5	4.4	.2	.2	.2	1.7	.2	.6	1.3
40-59.....	9.8	4.1	.2	.2	.2	1.3	.3	.6	1.3
60 and over.....	6.0	3.8	.2	.3	.2	1.0	.3	.5	1.3
20 and over.....	28.2	4.1	.2	.2	.2	1.4	.2	.6	1.3
Females:									
2-5.....	2.2	2.1	.1	.1	.1	.9	.2	.3	.4
6-11.....	3.3	2.1	.1	.1	.1	.9	.2	.3	.5
12-19.....	4.1	2.7	.1	.1	.1	1.1	.1	.4	.7
20-39.....	12.2	3.0	.2	.2	.1	.9	.2	.4	1.0
40-59.....	10.3	3.2	.2	.2	.1	.9	.2	.5	1.2
60 and over.....	7.9	3.0	.2	.2	.1	.7	.2	.4	1.1
20 and over.....	30.4	3.1	.2	.2	.1	.9	.2	.4	1.1
All individuals 2 and over.....	78.4	3.3	.1	.2	.2	1.1	.2	.5	1.0
Black:									
Males:									
2-5.....	0.6	2.2	.1	.1	.1	1.0	.2	.3	.5
6-11.....	0.7	2.3	† *	.1	† .1	1.1	.2	.3	.5
12-19.....	0.8	3.5	† .2	.1	† .2	1.8	† .2	.5	.6
20-39.....	1.7	4.3	† .3	.1	† .2	1.7	.3	.6	1.2
40-59.....	1.3	3.7	.3	.2	.3	1.1	.4	.4	1.0
60 and over.....	0.7	3.0	.5	.2	.3	.6	.3	.2	.9
20 and over.....	3.7	3.9	.3	.1	.2	1.3	.3	.4	1.1
Females:									
2-5.....	0.6	2.5	.1	.1	.1	1.2	.2	.3	.4
6-11.....	0.8	2.4	.1	† .1	† .1	1.0	.2	.3	.6
12-19.....	1.1	2.8	.2	*	.2	1.3	.1	.4	.5
20-39.....	2.2	2.9	.2	.1	.2	1.1	.2	.4	.7
40-59.....	1.4	2.9	.3	.1	.2	.7	.2	.3	1.0
60 and over.....	1.0	2.5	.4	.2	.1	.4	.3	.2	.9
20 and over.....	4.6	2.8	.3	.1	.1	.8	.2	.3	.8
All individuals 2 and over.....	12.7	3.1	.2	.1	.2	1.1	.2	.4	.8

‡ See "appendix D." for definitions of servings

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 54B.--Vegetable group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by race,  
2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	23	23	21
6-11.....	3.5	22	25	18
12-19.....	4.4	10	55	35
20-39.....	12.5	5	69	51
40-59.....	9.8	6	65	52
60 and over.....	6.0	7	60	52
20 and over.....	28.2	6	65	52
Females:				
2-5.....	2.2	20	22	21
6-11.....	3.3	25	22	18
12-19.....	4.1	13	38	28
20-39.....	12.2	9	44	39
40-59.....	10.3	8	50	47
60 and over.....	7.9	8	44	43
20 and over.....	30.4	9	46	43
All individuals 2 and over.....	78.4	10	50	41
Black:				
Males:				
2-5.....	0.6	18	29	27
6-11.....	0.7	18	29	21
12-19.....	0.8	15	56	41
20-39.....	1.7	10	63	50
40-59.....	1.3	16	55	46
60 and over.....	0.7	17	38	35
20 and over.....	3.7	13	56	46
Females:				
2-5.....	0.6	19	31	30
6-11.....	0.8	17	29	26
12-19.....	1.1	† 9	38	31
20-39.....	2.2	12	37	34
40-59.....	1.4	12	41	39
60 and over.....	1.0	16	34	34
20 and over.....	4.6	13	38	35
All individuals 2 and over.....	12.7	14	42	36

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 55A.--Fruit group: Mean numbers of Pyramid servings consumed per day, by race, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day, depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>----- Servings ‡-----</i>		
White:				
Males:				
2-5.....	2.3	2.4	0.7	1.6
6-11.....	3.5	1.5	.7	.9
12-19.....	4.4	1.4	.8	.5
20-39.....	12.5	1.2	.7	.6
40-59.....	9.8	1.5	.7	.8
60 and over.....	6.0	2.0	.9	1.1
20 and over.....	28.2	1.5	.7	.8
Females:				
2-5.....	2.2	2.2	.7	1.5
6-11.....	3.3	1.5	.6	.9
12-19.....	4.1	1.3	.7	.6
20-39.....	12.2	1.2	.6	.6
40-59.....	10.3	1.5	.8	.7
60 and over.....	7.9	1.8	.9	1.0
20 and over.....	30.4	1.5	.7	.7
All individuals 2 and over.....	78.4	1.5	.7	.8
Black:				
Males:				
2-5.....	0.6	1.8	.7	1.1
6-11.....	0.7	1.1	.5	.6
12-19.....	0.8	1.1	.7	.5
20-39.....	1.7	.9	.6	.4
40-59.....	1.3	1.9	1.1	.7
60 and over.....	0.7	1.6	.8	.8
20 and over.....	3.7	1.4	.8	.6
Females:				
2-5.....	0.6	1.9	.7	1.1
6-11.....	0.8	1.4	.7	.7
12-19.....	1.1	1.1	.6	.5
20-39.....	2.2	1.2	.6	.6
40-59.....	1.4	1.4	.8	.7
60 and over.....	1.0	1.5	.9	.6
20 and over.....	4.6	1.3	.7	.6
All individuals 2 and over.....	12.7	1.4	.7	.6

‡ See "appendix D." for definitions of servings

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 55B.--Fruit group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by race,  
2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	28	50	48
6-11.....	3.5	44	29	23
12-19.....	4.4	56	21	13
20-39.....	12.5	61	23	16
40-59.....	9.8	51	26	18
60 and over.....	6.0	37	41	33
20 and over.....	28.2	53	28	20
Females:				
2-5.....	2.2	27	49	48
6-11.....	3.3	44	27	23
12-19.....	4.1	53	23	19
20-39.....	12.2	57	20	17
40-59.....	10.3	49	26	24
60 and over.....	7.9	35	36	35
20 and over.....	30.4	48	26	24
All individuals 2 and over.....	78.4	49	28	23
Black:				
Males:				
2-5.....	0.6	37	39	36
6-11.....	0.7	55	20	14
12-19.....	0.8	64	20	† 12
20-39.....	1.7	61	16	† 7
40-59.....	1.3	52	36	30
60 and over.....	0.7	43	27	23
20 and over.....	3.7	54	25	18
Females:				
2-5.....	0.6	36	34	32
6-11.....	0.8	48	26	22
12-19.....	1.1	64	20	15
20-39.....	2.2	60	19	16
40-59.....	1.4	53	24	22
60 and over.....	1.0	43	26	26
20 and over.....	4.6	54	22	20
All individuals 2 and over.....	12.7	54	24	20

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



**Table 56A.—Dairy group: Mean numbers of Pyramid servings consumed per day, by race, 2-day average, 1994-96**  
 USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day,  
 depending on age and physiological status

Race, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
	<i>Percent</i>	<i>Servings ‡</i>			
White:					
Males:					
2-5.....	2.3	1.9	1.5	0.4	*
6-11.....	3.5	2.3	1.8	.5	*
12-19.....	4.4	2.6	1.8	.8	*
20-39.....	12.5	1.8	1.0	.8	*
40-59.....	9.8	1.5	1.0	.5	*
60 and over.....	6.0	1.4	1.0	.3	*
11-24.....	7.7	2.3	1.4	.8	*
20 and over.....	28.2	1.6	1.0	.6	*
Females:					
2-5.....	2.2	1.9	1.5	.3	*
6-11.....	3.3	2.0	1.5	.4	*
12-19.....	4.1	1.6	1.1	.5	*
20-39.....	12.2	1.3	.8	.5	*
40-59.....	10.3	1.1	.7	.4	*
60 and over.....	7.9	1.1	.8	.2	*
11-24.....	7.4	1.5	1.0	.5	*
20 and over.....	30.4	1.2	.8	.4	*
All individuals 2 and over.....	78.4	1.6	1.0	.5	*
Black:					
Males:					
2-5.....	0.6	1.6	1.3	.3	† *
6-11.....	0.7	1.7	1.3	.4	.0
12-19.....	0.8	1.7	1.1	.6	.0
20-39.....	1.7	† 1.5	† .8	† .7	† *
40-59.....	1.3	.9	.6	.3	.0
60 and over.....	0.7	.8	.7	.1	† *
11-24.....	1.4	1.5	1.0	.6	† *
20 and over.....	3.7	1.1	.7	.4	† *
Females:					
2-5.....	0.6	1.6	1.3	.2	† *
6-11.....	0.8	1.5	1.1	.3	† *
12-19.....	1.1	1.1	.7	.4	† *
20-39.....	2.2	.8	.4	.3	*
40-59.....	1.4	.7	.4	.2	† *
60 and over.....	1.0	.7	.5	.1	† *
11-24.....	1.8	1.2	.7	.5	† *
20 and over.....	4.6	.8	.5	.3	*
All individuals 2 and over.....	12.7	1.1	.7	.4	*

‡ See "appendix D." for definitions of servings

† See "Statistical notes," appendix B.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 56B.--Dairy group: Percentages of individuals consuming specified numbers of Pyramid servings per day, by race,  
2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent		Percent	
White:				
Males:				
2-5.....	2.3	19	42	42
6-11.....	3.5	11	56	52
12-19.....	4.4	16	56	33
20-39.....	12.5	33	32	29
40-59.....	9.8	42	28	28
60 and over.....	6.0	41	25	25
11-24.....	7.7	22	47	25
20 and over.....	28.2	38	29	28
Females:				
2-5.....	2.2	19	42	42
6-11.....	3.3	17	44	40
12-19.....	4.1	36	29	13
20-39.....	12.2	45	21	16
40-59.....	10.3	52	16	16
60 and over.....	7.9	55	14	14
11-24.....	7.4	37	27	11
20 and over.....	30.4	50	17	16
All individuals 2 and over.....	78.4	38	29	25
Black:				
Males:				
2-5.....	0.6	22	28	28
6-11.....	0.7	22	34	26
12-19.....	0.8	35	30	† 14
20-39.....	1.7	58	21	18
40-59.....	1.3	71	10	10
60 and over.....	0.7	69	11	11
11-24.....	1.4	40	27	11
20 and over.....	3.7	65	15	14
Females:				
2-5.....	0.6	27	31	31
6-11.....	0.8	30	25	23
12-19.....	1.1	54	14	† 3
20-39.....	2.2	71	6	† 6
40-59.....	1.4	78	7	7
60 and over.....	1.0	77	† 6	† 6
11-24.....	1.8	52	13	† 4
20 and over.....	4.6	74	7	6
All individuals 2 and over.....	12.7	57	16	13

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 57A.--Meat group: Mean numbers of Pyramid servings (ounce equivalents) consumed per day, by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Race, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
Percent		Ounces cooked lean meat equivalents ‡								
White:										
Males:										
2-5.....	2.3	2.7	0.9	0.6	0.1	†*	0.6	0.2	†*	0.2
6-11.....	3.5	3.5	1.4	.7	.2	†*	.8	.2	†*	.2
12-19.....	4.4	5.9	2.6	1.3	.3	†*	1.1	.4	†*	.2
20-39.....	12.5	6.6	2.9	1.5	.4	†*	1.1	.4	*	.2
40-59.....	9.8	6.3	2.5	1.5	.5	†*	1.0	.5	*	.2
60 and over.....	6.0	5.0	2.0	1.0	.6	*	.8	.5	*	.2
20 and over.....	28.2	6.2	2.6	1.4	.5	*	1.0	.4	*	.2
Females:										
2-5.....	2.2	2.4	.8	.6	.1	†*	.6	.2	†*	.1
6-11.....	3.3	2.8	1.0	.6	.1	†*	.6	.2	†*	.2
12-19.....	4.1	3.4	1.4	.9	.2	†*	.5	.2	†*	.1
20-39.....	12.2	3.7	1.4	1.0	.3	†*	.5	.3	*	.1
40-59.....	10.3	3.8	1.4	1.0	.4	†*	.5	.3	*	.1
60 and over.....	7.9	3.6	1.3	.9	.5	*	.4	.3	*	.1
20 and over.....	30.4	3.7	1.4	1.0	.4	*	.5	.3	*	.1
All individuals 2 and over.....	78.4	4.6	1.8	1.1	.4	*	.7	.3	*	.1
Black:										
Males:										
2-5.....	0.6	3.4	.9	1.0	.2	†*	.9	.3	†*	.1
6-11.....	0.7	4.3	1.3	1.2	†.3	†*	1.1	.3	†*	.2
12-19.....	0.8	6.3	2.5	1.7	†.4	0.0	1.1	.4	†*	†.1
20-39.....	1.7	9.7	3.9	2.3	.7	†*	† 2.2	.6	†*	†*
40-59.....	1.3	7.2	2.8	1.9	.7	†.1	.9	.7	†*	.1
60 and over.....	0.7	5.3	1.9	1.4	.5	†.1	.6	.7	†*	.1
20 and over.....	3.7	8.0	3.1	2.0	.7	†.1	1.4	.6	*	.1
Females:										
2-5.....	0.6	3.4	1.0	.9	.2	†*	.8	.3	†*	.2
6-11.....	0.8	3.7	1.3	.9	†.3	†*	.8	.2	†*	.1
12-19.....	1.1	4.8	2.0	1.2	†.2	†*	.9	.4	†*	†.1
20-39.....	2.2	4.9	1.8	1.5	†.4	†*	.8	.3	†*	†.1
40-59.....	1.4	5.0	1.6	1.5	.7	†.1	.6	.5	†*	.1
60 and over.....	1.0	3.9	1.2	1.1	.5	†*	.5	.5	†*	†.1
20 and over.....	4.6	4.7	1.6	1.4	.5	*	.7	.4	†*	.1
All individuals 2 and over.....	12.7	5.6	2.0	1.5	.5	*	1.0	.4	*	.1

‡ See "appendix D." for definitions of servings

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 57B.--Meat group: Percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by race,  
2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	14	8	14
6-11.....	3.5	7	20	15
12-19.....	4.4	3	52	39
20-39.....	12.5	2	63	51
40-59.....	9.8	2	63	52
60 and over.....	6.0	3	46	39
20 and over.....	28.2	2	59	49
Females:				
2-5.....	2.2	13	5	11
6-11.....	3.3	8	8	6
12-19.....	4.1	9	19	15
20-39.....	12.2	6	24	20
40-59.....	10.3	6	24	22
60 and over.....	7.9	5	21	20
20 and over.....	30.4	6	23	21
All individuals 2 and over.....	78.4	5	36	30
Black:				
Males:				
2-5.....	0.6	† 3	17	23
6-11.....	0.7	† 3	36	34
12-19.....	0.8	† 1	60	50
20-39.....	1.7	† 1	75	71
40-59.....	1.3	† 2	71	66
60 and over.....	0.7	† 1	49	44
20 and over.....	3.7	† 1	69	64
Females:				
2-5.....	0.6	† 4	13	30
6-11.....	0.8	† 2	21	19
12-19.....	1.1	† 3	46	43
20-39.....	2.2	† 3	38	36
40-59.....	1.4	† 1	42	40
60 and over.....	1.0	† 7	26	26
20 and over.....	4.6	4	36	35
All individuals 2 and over.....	12.7	2	45	43

‡ See "Table notes."

† See "Statistical notes," appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 58.--Pyramid tip: Mean daily intakes of discretionary fat and added sugars per day, by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Race, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
	<i>Percent</i>	<i>Kilocalories</i>		<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons ‡</i>
White:							
Males:							
2-5.....	2.3	1570	32.3	25.4	16.2	44.6	15.9
6-11.....	3.5	1993	32.0	24.9	19.1	55.5	24.1
12-19.....	4.4	2786	33.1	25.5	20.7	79.6	36.4
20-39.....	12.5	2630	33.7	25.4	16.3	75.3	26.9
40-59.....	9.8	2345	34.4	25.7	13.6	68.4	20.5
60 and over.....	6.0	1978	33.3	24.9	12.0	56.0	15.2
20 and over.....	28.2	2394	33.8	25.4	14.5	68.8	22.2
Females:							
2-5.....	2.2	1441	31.9	25.3	16.6	40.9	15.1
6-11.....	3.3	1762	31.9	25.3	19.3	49.8	21.8
12-19.....	4.1	1828	31.7	24.7	21.0	50.6	24.4
20-39.....	12.2	1728	32.1	24.7	17.1	48.5	19.0
40-59.....	10.3	1619	33.3	25.4	14.0	46.7	14.5
60 and over.....	7.9	1424	32.0	23.9	12.4	38.6	11.3
20 and over.....	30.4	1612	32.5	24.7	14.9	45.3	15.5
All individuals 2 and over.....	78.4	1988	32.9	25.1	15.8	56.5	20.2
Black:							
Males:							
2-5.....	0.6	1565	33.7	25.8	15.8	45.2	15.5
6-11.....	0.7	1896	34.2	26.3	18.9	56.4	21.9
12-19.....	0.8	2545	35.6	27.6	20.0	78.7	31.4
20-39.....	1.7	3012	35.5	26.2	16.6	92.4	31.1
40-59.....	1.3	2216	34.4	24.7	15.6	63.1	21.4
60 and over.....	0.7	1674	33.7	23.9	12.8	45.8	14.0
20 and over.....	3.7	2475	34.8	25.2	15.5	73.1	24.4
Females:							
2-5.....	0.6	1524	34.1	26.1	15.7	44.8	15.1
6-11.....	0.8	1698	34.0	26.3	18.4	50.3	19.4
12-19.....	1.1	1877	35.6	27.4	18.5	57.3	21.9
20-39.....	2.2	1737	34.1	25.4	19.1	50.3	20.8
40-59.....	1.4	1596	35.2	26.3	15.4	47.8	15.6
60 and over.....	1.0	1289	33.2	23.8	14.5	34.8	11.9
20 and over.....	4.6	1594	34.3	25.3	17.0	46.1	17.2
All individuals 2 and over.....	12.7	1951	34.5	25.8	17.0	57.6	20.8

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 59.1--Saturated fatty acids: Mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
White:		----- Grams -----								
Males and females:										
1-2.....	2.1	0.6	0.3	0.2	0.5	0.7	2.2	9.9	4.6	19.6
3-5.....	3.4	.5	.3	.2	.4	.7	2.1	11.2	5.3	21.5
5 and under ‡ .....	6.2	.5	.3	.3	.5	1.1	2.1	10.2	4.7	20.1
Males:										
6-11.....	3.4	.6	.3	.3	.5	.9	2.6	14.6	7.1	27.8
12-19.....	4.3	.8	.4	.3	.6	1.1	3.4	20.0	9.5	37.3
20-39.....	12.2	.7	.4	.3	.6	1.0	3.1	19.6	9.1	35.6
40-59.....	9.5	.5	.3	.2	.5	.8	2.5	16.7	8.0	30.3
60 and over.....	5.8	.5	.3	.2	.4	.7	2.1	13.6	6.5	24.8
20 and over.....	27.5	.6	.3	.2	.5	.9	2.7	17.3	8.1	31.5
Females:										
6-11.....	3.2	.6	.3	.2	.5	.8	2.4	12.9	6.2	24.6
12-19.....	4.1	.5	.3	.2	.4	.8	2.2	12.6	6.0	23.8
20-39.....	11.9	.5	.2	.2	.4	.7	1.9	11.9	5.6	21.9
40-59.....	10.0	.4	.2	.2	.3	.7	1.7	11.1	5.2	20.3
60 and over.....	7.7	.3	.2	.1	.3	.5	1.4	9.4	4.4	17.1
20 and over.....	29.6	.4	.2	.2	.3	.6	1.7	10.9	5.2	20.1
All individuals.....	78.1	.5	.3	.2	.4	.8	2.3	13.9	6.6	25.8
Black:										
Males and females:										
1-2.....	0.5	.5	.3	.2	.4	.6	2.0	10.6	4.8	20.0
3-5.....	0.8	.5	.3	.2	.4	.6	2.1	12.2	5.7	22.8
5 and under ‡ .....	1.5	.5	.3	.3	.4	1.1	2.1	11.1	5.0	21.2
Males:										
6-11.....	0.7	.5	.3	.2	.4	.7	2.3	14.5	6.7	26.4
12-19.....	0.8	.6	.3	.2	.5	.9	2.9	20.4	9.5	36.3
20-39.....	1.6	† .7	† .4	† .3	† .6	1.0	3.2	22.5	10.4	39.9
40-59.....	1.3	.4	.2	.2	.3	.6	2.1	16.5	7.9	28.8
60 and over.....	0.7	.3	.2	† .2	.3	.4	1.5	12.1	5.9	21.4
20 and over.....	3.6	.5	.3	.2	.4	.7	2.4	18.3	8.6	32.3
Females:										
6-11.....	0.8	.5	.3	.2	.4	.6	2.0	13.2	6.3	24.2
12-19.....	0.9	.5	.3	.2	.4	.6	2.2	15.3	7.1	27.3
20-39.....	2.2	.3	.2	.1	.3	.6	1.7	12.9	6.1	22.8
40-59.....	1.3	.3	.2	.1	.3	.6	1.5	11.5	5.3	20.4
60 and over.....	1.0	.2	.1	.1	.2	.4	1.2	9.0	4.2	15.8
20 and over.....	4.5	.3	.2	.1	.3	.5	1.5	11.6	5.5	20.5
All individuals.....	12.8	.4	.2	.2	.4	.7	2.1	14.5	6.8	25.9

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 59.2--Monounsaturated fatty acids: Mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
White:	Percent	----- Grams -----				
Males and females:						
1-2.....	2.1	0.9	16.2	0.1	*	17.5
3-5.....	3.4	1.0	20.2	.1	*	21.7
5 and under ‡ .....	6.2	.9	17.7	.1	*	19.0
Males:						
6-11.....	3.4	1.4	26.9	.1	*	28.9
12-19.....	4.3	1.9	37.7	.2	.1	40.6
20-39.....	12.2	2.0	36.9	.2	.1	39.7
40-59.....	9.5	1.7	33.0	.2	.1	35.4
60 and over.....	5.8	1.4	26.9	.1	*	28.8
20 and over.....	27.5	1.8	33.4	.2	.1	35.9
Females:						
6-11.....	3.2	1.2	23.7	.1	*	25.4
12-19.....	4.1	1.1	24.0	.1	*	25.8
20-39.....	11.9	1.1	22.7	.1	*	24.3
40-59.....	10.0	1.1	21.9	.1	*	23.4
60 and over.....	7.7	.9	18.6	.1	*	19.9
20 and over.....	29.6	1.1	21.3	.1	*	22.9
All individuals.....	78.1	1.4	26.7	.1	*	28.6
Black:						
Males and females:						
1-2.....	0.5	1.1	17.7	.1	*	19.2
3-5.....	0.8	1.3	21.8	.1	*	23.6
5 and under ‡ .....	1.5	1.1	19.3	.1	*	20.8
Males:						
6-11.....	0.7	1.5	26.7	.1	*	28.8
12-19.....	0.8	2.2	38.2	.2	*	41.3
20-39.....	1.6	2.3	41.9	.2	.1	45.2
40-59.....	1.3	1.9	32.0	.2	† .1	34.7
60 and over.....	0.7	1.4	24.1	.1	† .1	25.9
20 and over.....	3.6	2.0	34.8	.2	.1	37.7
Females:						
6-11.....	0.8	1.3	25.6	.1	*	27.4
12-19.....	0.9	1.6	28.2	.1	† .1	30.4
20-39.....	2.2	1.5	25.2	.1	*	27.2
40-59.....	1.3	1.3	22.4	.2	*	24.3
60 and over.....	1.0	1.0	17.7	.1	*	19.0
20 and over.....	4.5	1.3	22.7	.1	*	24.5
All individuals.....	12.8	1.6	27.5	.1	.1	29.7

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 59.3--Polyunsaturated fatty acids: Mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
White:									
	Percent	Grams							
Males and females:									
1-2.....	2.1	6.3	0.7	*	0.1	*	*	*	7.1
3-5.....	3.4	8.4	.8	*	.1	*	*	*	9.4
5 and under ‡ ....	6.2	7.5	.8	*	.1	*	*	*	8.4
Males:									
6-11.....	3.4	11.4	1.1	†*	.1	*	*	*	12.7
12-19.....	4.3	16.3	1.6	†*	.1	*	*	.1	18.3
20-39.....	12.2	17.4	1.7	*	.2	*	*	.1	19.6
40-59.....	9.5	16.4	1.7	*	.2	*	*	.1	18.5
60 and over.....	5.8	13.8	1.4	*	.1	*	*	.1	15.6
20 and over.....	27.5	16.3	1.6	*	.2	*	*	.1	18.4
Females:									
6-11.....	3.2	10.2	1.0	*	.1	*	*	*	11.4
12-19.....	4.1	11.1	1.1	†*	.1	*	*	*	12.5
20-39.....	11.9	11.6	1.2	*	.1	*	*	*	13.0
40-59.....	10.0	11.9	1.2	*	.1	*	*	.1	13.4
60 and over.....	7.7	10.0	1.1	*	.1	*	*	.1	11.4
20 and over.....	29.6	11.3	1.2	*	.1	*	*	.1	12.7
All individuals.....	78.1	13.0	1.3	*	.1	*	*	.1	14.6
Black:									
Males and females:									
1-2.....	0.5	7.4	.8	†*	.1	†*	*	*	8.3
3-5.....	0.8	9.0	.9	*	.1	*	*	*	10.1
5 and under ‡ ....	1.5	8.2	.9	†*	.1	*	*	*	9.3
Males:									
6-11.....	0.7	11.5	1.0	†*	.1	†*	*	*	12.7
12-19.....	0.8	16.7	1.6	†*	.2	†*	†*	.1	18.8
20-39.....	1.6	20.5	2.1	*	.2	*	*	.1	23.2
40-59.....	1.3	14.6	1.5	†*	.2	*	†*	.1	16.7
60 and over.....	0.7	11.4	1.1	†*	.2	†*	*	.1	12.9
20 and over.....	3.6	16.6	1.7	*	.2	*	*	.1	18.8
Females:									
6-11.....	0.8	11.3	1.0	†*	.1	†*	*	*	12.6
12-19.....	0.9	13.1	1.3	†*	.1	†*	†*	†.1	14.7
20-39.....	2.2	11.8	1.2	†*	.1	†*	*	.1	13.3
40-59.....	1.3	11.9	1.2	†*	.1	†*	*	.1	13.6
60 and over.....	1.0	9.6	1.0	*	.1	*	*	.1	10.9
20 and over.....	4.5	11.3	1.1	*	.1	*	*	.1	12.9
All individuals.....	12.8	12.9	1.3	*	.1	*	*	.1	14.6

\* Value less than 0.05 but greater than 0.

† See "Statistical notes," appendix B.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 60.--Weight status: Mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by race, 1994-96

Race, sex and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
<i>Percent ----- Percent -----</i>					
White:					
Males:					
20-39.....	12.2	25.9	26.0	54.3	14.6
40-59.....	9.5	27.4	38.9	70.2	21.7
60 and over.....	5.8	26.1	30.4	58.4	15.0
20 and over.....	27.5	26.5	31.3	60.7	17.2
Females:					
20-39.....	11.9	24.2	21.6	33.4	11.9
40-59.....	10.0	26.3	34.0	51.1	21.1
60 and over.....	7.7	25.7	32.4	49.5	16.9
20 and over.....	29.6	25.3	28.7	43.7	16.4
All individuals 20 and over .....	57.1	25.9	30.0	52.1	16.8
Black:					
Males:					
20-39.....	1.6	26.9	40.8	64.1	14.8
40-59.....	1.3	27.4	40.3	70.6	24.6
60 and over.....	0.7	27.1	44.7	64.4	27.9
20 and over.....	3.6	27.1	41.3	66.6	20.9
Females:					
20-39.....	2.2	27.4	46.4	59.4	31.0
40-59.....	1.3	29.6	60.0	72.1	45.1
60 and over.....	1.0	29.0	58.0	78.7	38.9
20 and over.....	4.5	28.4	53.0	67.5	36.9
All individuals 20 and over .....	8.1	27.8	47.7	67.1	29.6

Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Standard Error Tables**  
**for**  
**Race Table Set**  
**(tables 41se–60se)**



Table 41se.--Nutrient Intakes: Standard errors of the mean amount consumed per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>Grams</i>					<i>Milligrams</i>
White:								
Males and females:								
1-2.....	2.1	18	.9	1.0	.4	.4	.2	6
3-5.....	3.4	26	1.0	1.2	.5	.5	.2	5
5 and under ‡ .....	6.2	19	.8	.9	.4	.3	.1	3
Males:								
6-11.....	3.4	31	1.4	1.5	.6	.6	.3	8
12-19.....	4.3	57	2.2	2.6	1.0	1.0	.6	11
20-39.....	12.2	42	1.7	1.7	.7	.7	.5	8
40-59.....	9.5	41	1.7	2.0	.8	.8	.4	8
60 and over.....	5.8	25	1.1	1.2	.5	.5	.2	6
20 and over.....	27.5	30	1.2	1.3	.5	.5	.3	5
Females:								
6-11.....	3.2	38	1.4	1.7	.7	.6	.3	7
12-19.....	4.1	42	1.1	1.4	.5	.6	.4	9
20-39.....	11.9	25	.9	1.1	.4	.4	.3	5
40-59.....	10.0	19	.9	1.0	.4	.4	.3	4
60 and over.....	7.7	17	.8	.9	.4	.4	.2	5
20 and over.....	29.6	12	.5	.7	.2	.3	.2	3
All individuals.....	78.1	17	.7	.8	.3	.3	.2	3
Black:								
Males and females:								
1-2.....	0.5	40	2.2	2.4	1.0	1.0	.4	12
3-5.....	0.8	46	1.8	1.8	.6	.7	.5	11
5 and under ‡ .....	1.5	35	1.5	1.5	.6	.6	.3	9
Males:								
6-11.....	0.7	81	3.2	3.0	1.1	1.3	.6	21
12-19.....	0.8	116	4.9	5.6	2.0	2.2	1.4	28
20-39.....	1.6	316	9.5	15.3	6.8	5.0	2.7	44
40-59.....	1.3	73	4.0	4.6	1.6	2.0	1.0	28
60 and over.....	0.7	63	3.6	3.2	1.1	1.5	.6	22
20 and over.....	3.6	135	3.9	6.1	2.8	2.0	1.0	20
Females:								
6-11.....	0.8	67	2.8	3.6	1.3	1.5	.7	19
12-19.....	0.9	80	2.4	3.3	1.3	1.4	.9	12
20-39.....	2.2	45	2.0	2.5	1.0	.9	.6	13
40-59.....	1.3	40	2.1	2.6	.8	.9	1.2	14
60 and over.....	1.0	41	1.8	1.4	.5	.6	.6	15
20 and over.....	4.5	29	1.3	1.5	.5	.6	.5	11
All individuals.....	12.8	53	1.9	2.4	1.0	.9	.4	11

‡ Includes infants under 1; excludes breast-fed children.

Table 41se.--Nutrient Intakes: Standard errors of the mean amount consumed per individual, by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol equivalents		Milligrams alpha-tocopherol equivalents	----- Milligrams -----	
White:							
Males and females:							
1-2.....	2.6	.2	20	15	.1	3	.02
3-5.....	3.4	.3	24	20	.1	3	.03
5 and under ‡ .....	2.7	.2	18	13	.1	2	.02
Males:							
6-11.....	4.2	.3	31	23	.2	4	.04
12-19.....	8.0	.5	58	45	.3	6	.06
20-39.....	5.4	.4	41	26	.4	3	.04
40-59.....	4.6	.3	38	27	.2	3	.03
60 and over.....	3.3	.4	37	28	.3	3	.02
20 and over.....	3.8	.3	23	18	.2	2	.02
Females:							
6-11.....	5.5	.3	35	27	.4	4	.04
12-19.....	7.5	.5	49	35	.2	7	.03
20-39.....	3.6	.3	40	34	.2	3	.02
40-59.....	2.5	.2	33	24	.3	3	.02
60 and over.....	1.9	.3	36	22	.1	2	.02
20 and over.....	1.7	.2	24	18	.1	2	.01
All individuals.....	2.2	.2	16	13	.1	2	.01
Black:							
Males and females:							
1-2.....	5.0	.3	41	32	.2	6	.04
3-5.....	7.0	.6	79	38	.3	8	.06
5 and under ‡ .....	5.3	.4	64	26	.2	5	.04
Males:							
6-11.....	12.3	.9	84	77	.3	9	.10
12-19.....	14.4	.7	71	41	.5	17	.12
20-39.....	37.4	1.0	231	40	1.1	16	.16
40-59.....	9.3	.9	300	56	.6	16	.07
60 and over.....	8.6	.8	386	69	.4	6	.06
20 and over.....	17.7	.5	254	29	.4	12	.09
Females:							
6-11.....	9.0	.4	95	31	.3	9	.05
12-19.....	11.7	.9	59	42	.5	8	.08
20-39.....	7.3	.6	129	48	.4	7	.05
40-59.....	5.8	.6	115	50	.5	11	.04
60 and over.....	6.7	.7	165	86	.4	8	.04
20 and over.....	4.5	.4	76	30	.2	6	.03
All individuals.....	6.6	.3	87	17	.2	5	.04

‡ Includes infants under 1; excludes breast-fed children.

Table 41se.--Nutrient Intakes: Standard errors of the mean amount consumed per individual, by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----		----- Micrograms -----		----- Milligrams -----		
White:							
Males and females:							
1-2.....	.03	.3	.02	4	.08	17	16
3-5.....	.03	.3	.03	6	.10	18	18
5 and under ‡ .....	.02	.2	.02	4	.06	13	14
Males:							
6-11.....	.05	.5	.05	8	.18	24	24
12-19.....	.09	.8	.07	14	.26	40	42
20-39.....	.05	.6	.05	7	.43	23	25
40-59.....	.03	.5	.03	6	.54	15	24
60 and over.....	.03	.4	.03	7	.33	16	16
20 and over.....	.03	.4	.03	5	.30	15	19
Females:							
6-11.....	.06	.5	.05	10	.12	29	28
12-19.....	.03	.4	.05	9	.20	18	22
20-39.....	.03	.4	.03	6	.18	12	14
40-59.....	.03	.4	.03	6	.33	12	13
60 and over.....	.02	.3	.03	4	.26	11	13
20 and over.....	.02	.2	.02	3	.14	8	8
All individuals.....	.02	.2	.02	3	.15	8	10
Black:							
Males and females:							
1-2.....	.06	.6	.06	10	.18	30	30
3-5.....	.08	.8	.10	16	.56	24	27
5 and under ‡ .....	.06	.5	.06	10	.64	21	25
Males:							
6-11.....	.08	1.0	.06	14	.25	38	54
12-19.....	.13	1.4	.16	19	.32	69	75
20-39.....	.29	2.0	.17	21	6.15	135	195
40-59.....	.11	1.2	.10	16	1.85	30	56
60 and over.....	.12	1.1	.10	16	2.74	33	49
20 and over.....	.12	.8	.06	11	2.69	57	81
Females:							
6-11.....	.08	.6	.05	12	.81	44	42
12-19.....	.07	1.0	.07	12	.32	51	41
20-39.....	.09	.5	.08	14	1.03	39	53
40-59.....	.05	.8	.05	12	.66	25	31
60 and over.....	.08	.6	.07	11	1.26	25	31
20 and over.....	.05	.4	.05	9	.62	20	29
All individuals.....	.06	.4	.04	6	1.01	23	35

‡ Includes infants under 1; excludes breast-fed children.

Table 41se.--Nutrient Intakes: Standard error of the mean amount consumed per individual, by race, 1 day,  
1994-96--continued

Race, sex, and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Milligrams -----						
White:						
Males and females:						
1-2.....	3	.2	.1	*	41	28
3-5.....	3	.3	.2	*	51	37
5 and under ‡ .....	3	.2	.2	*	39	28
Males:						
6-11.....	5	.4	.3	*	58	53
12-19.....	8	.8	.5	*	131	96
20-39.....	7	.5	.3	*	85	55
40-59.....	5	.3	.3	*	70	56
60 and over.....	4	.3	.3	*	48	45
20 and over.....	5	.3	.2	*	57	42
Females:						
6-11.....	5	.5	.3	*	63	43
12-19.....	5	.4	.2	*	76	55
20-39.....	4	.2	.2	*	39	33
40-59.....	3	.3	.2	*	43	35
60 and over.....	3	.2	.2	*	48	29
20 and over.....	2	.1	.1	*	27	19
All individuals.....	2	.1	.1	*	33	23
Black:						
Males and females:						
1-2.....	5	.5	.4	*	98	63
3-5.....	7	.7	.3	*	83	69
5 and under ‡ .....	5	.5	.3	*	79	51
Males:						
6-11.....	12	.7	.6	*	177	104
12-19.....	11	.9	.6	.1	213	122
20-39.....	26	3.4	2.3	.1	293	364
40-59.....	11	.9	.8	.1	189	124
60 and over.....	9	.8	.6	.1	138	82
20 and over.....	11	1.5	1.0	.1	149	148
Females:						
6-11.....	7	.6	.5	*	116	86
12-19.....	8	.6	.4	.1	119	100
20-39.....	9	.5	.3	.1	131	82
40-59.....	8	.4	.4	.1	96	76
60 and over.....	10	.4	.4	.1	86	96
20 and over.....	6	.3	.2	*	69	51
All individuals.....	5	.5	.4	*	74	58

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96

Table 42se.--Nutrient Intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
<hr/>									
<i>Percent</i>		<i>Percent of RDA</i>							
White:									
Males and females:									
1-2.....	2.1	1	5	5	2	7	2	4	3
3-5.....	3.4	2	5	5	2	7	3	4	3
5 and under ‡ .....	6.2	1	4	4	3	5	3	3	3
Males:									
6-11.....	3.37	1	5	5	3	9	3	4	4
12-19.....	4.3	2	4	6	3	11	4	5	4
20-39.....	12.2	1	3	4	4	5	2	3	3
40-59.....	9.5	1	3	4	2	5	2	2	3
60 and over.....	5.8	1	2	4	3	4	2	2	2
20 and over.....	27.5	1	2	2	2	3	2	2	2
Females:									
6-11.....	3.2	2	5	6	5	8	4	5	4
12-19.....	4.1	2	3	6	3	13	3	3	2
20-39.....	11.9	1	2	5	2	5	2	2	2
40-59.....	10.0	1	2	4	3	6	2	2	2
60 and over.....	7.7	1	2	5	2	4	2	2	2
20 and over.....	29.6	1	1	3	1	3	1	1	2
All individuals.....	78.1	1	1	2	1	3	1	1	1
Black:									
Males and females:									
1-2.....	0.5	3	14	10	3	16	6	7	7
3-5.....	0.8	3	8	16	4	17	7	8	7
5 and under ‡ .....	1.5	2	8	14	6	11	5	6	5
Males:									
6-11.....	0.7	5	14	11	5	20	10	7	9
12-19.....	0.8	4	10	7	5	30	8	8	8
20-39.....	1.6	11	15	23	11	27	11	17	11
40-59.....	1.3	3	6	30	6	26	6	7	8
60 and over.....	0.7	3	6	39	4	9	5	9	8
20 and over.....	3.6	5	6	25	4	20	6	7	5
Females:									
6-11.....	0.8	3	9	19	5	20	5	7	5
12-19.....	0.9	4	5	7	7	14	7	6	6
20-39.....	2.2	2	4	16	4	11	4	6	3
40-59.....	1.3	2	4	14	6	19	4	4	6
60 and over.....	1.0	2	4	21	5	14	4	6	5
20 and over.....	4.5	1	3	10	3	11	3	4	3
All individuals.....	12.8	2	5	9	2	8	3	4	3

‡ Includes infants under 1; excludes breast-fed children.

Continued



Table 42se.--Nutrient Intakes: Standard errors of mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by race, 1 day, 1994-96--continued

Race, sex, and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- Percent of RDA -----								
White:								
Males and females:								
1-2.....	2	8	12	2	2	3	2	1
3-5.....	3	10	12	2	2	4	3	2
5 and under ‡ .....	2	8	7	2	2	3	3	2
Males:								
6-11.....	3	9	14	3	3	3	4	3
12-19.....	4	8	13	3	4	2	7	3
20-39.....	3	4	22	3	3	2	5	2
40-59.....	2	3	27	2	3	2	3	2
60 and over.....	2	3	16	2	2	1	3	2
20 and over.....	2	3	15	2	2	1	3	2
Females:								
6-11.....	4	10	8	3	3	4	4	3
12-19.....	3	5	10	2	2	2	3	2
20-39.....	2	3	9	1	2	1	2	2
40-59.....	2	3	17	1	2	1	2	1
60 and over.....	2	2	13	1	2	1	2	2
20 and over.....	1	2	7	1	1	1	1	1
All individuals.....	1	2	7	1	1	1	1	1
Black:								
Males and females:								
1-2.....	6	19	25	4	4	7	5	4
3-5.....	9	27	57	3	3	7	7	3
5 and under ‡ .....	5	16	101	3	3	5	5	3
Males:								
6-11.....	5	17	20	5	8	8	7	6
12-19.....	8	9	16	6	6	3	9	4
20-39.....	8	10	307.0	17	24	7	34	16
40-59.....	5	8	92	4	7	3	9	6
60 and over.....	5	8	137.0	4	6	3	8	4
20 and over.....	3	5	134	7	10	3	15	6
Females:								
6-11.....	4	15	81	5	5	5	7	5
12-19.....	5	7	16	4	3	3	4	3
20-39.....	5	8	51	3	5	3	3	3
40-59.....	3	7	33	3	4	3	4	3
60 and over.....	4	6	63	3	4	4	4	3
20 and over.....	3	5	31	2	3	2	2	2
All individuals.....	3	5	53	3	4	3	5	3

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96

Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	.4	1.2	2.1	--	.1	.4	.4	.7	1.3
3-5.....	3.3	.6	1.5	1.5	--	.2	.3	.6	1.2	1.6
5 and under ‡ .....	6.2	.6	1.0	1.5	.2	.4	.7	.4	.7	1.1
Males:										
6-11.....	3.4	.7	2.2	2.5	--	.2	.6	1.7	2.2	2.4
12-19.....	4.3	.9	2.0	2.7	.1	.8	1.4	2.3	2.5	2.4
20-39.....	12.2	.9	1.8	2.1	.2	.7	1.0	1.7	1.9	1.6
40-59.....	9.5	1.0	1.5	1.7	.3	.8	1.1	1.5	1.7	1.6
60 and over.....	5.8	1.0	1.7	1.4	.5	1.1	1.7	1.2	1.6	1.5
20 and over.....	27.5	.6	1.2	1.4	.2	.5	.8	1.0	1.2	1.1
Females:										
6-11.....	3.2	.9	2.9	2.4	.5	.6	1.0	1.7	2.6	3.3
12-19.....	4.0	1.6	3.1	2.6	.6	1.9	2.0	2.1	2.1	2.3
20-39.....	11.9	1.1	1.9	1.4	.7	1.1	1.5	1.8	1.8	1.9
40-59.....	10.1	.9	1.6	1.2	.5	1.0	1.5	1.3	1.5	1.6
60 and over.....	7.7	1.2	1.5	1.1	.7	1.4	1.7	1.7	2.3	2.3
20 and over.....	29.6	.6	1.3	.9	.3	.7	1.1	1.3	1.3	1.4
All individuals.....	78.2	.3	.9	.8	.1	.4	.6	.7	.9	.9
Black:										
Males and females:										
1-2.....	0.5	1.3	2.7	3.2	--	--	--	2.3	4.1	4.3
3-5.....	0.8	2.0	3.1	4.4	--	.7	.8	2.4	3.3	3.6
5 and under ‡ .....	1.5	1.3	2.0	3.3	--	.4	1.2	1.7	2.7	2.5
Males:										
6-11.....	0.7	2.7	4.9	4.7	--	--	2.7	3.9	6.5	5.7
12-19.....	0.8	3.4	5.4	6.6	1.6	1.9	3.7	4.3	4.8	4.4
20-39.....	1.6	5.9	6.3	7.0	2.0	4.6	6.4	4.9	6.3	7.4
40-59.....	1.3	2.4	4.2	4.4	1.5	2.8	3.8	5.7	4.9	2.9
60 and over.....	0.7	3.9	6.1	2.2	1.6	4.6	5.9	4.6	5.2	5.3
20 and over.....	3.6	3.3	3.5	4.4	1.1	2.4	3.7	2.2	2.4	3.0
Females:										
6-11.....	0.8	3.2	3.5	4.1	--	.6	3.4	4.3	5.6	6.0
12-19.....	1.0	4.5	5.7	4.2	.4	2.5	5.6	5.2	4.5	4.3
20-39.....	2.1	2.7	3.2	2.6	1.5	2.2	3.4	6.8	5.6	4.8
40-59.....	1.3	2.0	4.4	2.8	1.2	1.9	3.4	4.8	4.6	3.8
60 and over.....	1.0	3.6	4.0	2.3	2.0	4.4	4.2	3.9	4.4	4.0
20 and over.....	4.5	1.5	2.4	1.8	.8	1.6	2.0	3.1	2.6	2.4
All individuals.....	12.8	1.2	1.9	1.8	.5	1.0	1.4	1.6	1.6	1.4

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
<i>Percent ----- Percent of individuals -----</i>										
White:										
Males and females:										
1-2.....	2.1	1.6	1.6	1.5	.9	1.3	1.7	.2	.6	1.4
3-5.....	3.3	1.6	1.9	1.7	1.0	1.1	1.3	.2	.7	1.5
5 and under ‡ .....	6.2	1.1	1.4	1.4	.7	.8	1.1	.1	.4	1.0
Males:										
6-11.....	3.4	1.6	2.3	2.2	1.2	1.7	2.2	.6	.8	1.3
12-19.....	4.3	1.9	2.9	2.6	1.6	2.1	2.6	.4	1.2	2.1
20-39.....	12.2	.9	1.7	2.1	1.2	1.4	1.7	.6	1.2	1.9
40-59.....	9.5	1.1	1.6	1.5	1.2	1.6	1.7	.8	1.2	1.6
60 and over.....	5.8	1.2	1.4	1.3	1.1	1.4	1.7	.5	.9	1.4
20 and over.....	27.5	.7	1.1	1.2	.8	.9	1.2	.4	.7	1.1
Females:										
6-11.....	3.2	1.3	2.5	2.5	1.2	1.8	2.1	.4	1.2	2.4
12-19.....	4.0	2.2	2.2	2.5	1.8	2.6	2.6	1.0	1.7	2.3
20-39.....	11.9	1.7	1.9	1.4	1.7	1.9	2.0	1.0	1.4	1.8
40-59.....	10.1	1.4	1.4	1.7	1.2	1.9	1.9	.5	1.0	1.7
60 and over.....	7.7	1.8	1.3	1.6	1.1	1.0	1.4	.7	1.3	1.8
20 and over.....	29.6	1.1	1.2	1.0	1.0	1.4	1.4	.4	.8	1.1
All individuals.....	78.2	.6	.8	.9	.6	.9	1.0	.3	.5	.8
Black:										
Males and females:										
1-2.....	0.5	3.1	2.8	2.7	1.4	2.1	2.9	1.1	1.8	2.2
3-5.....	0.8	3.3	4.6	3.8	1.1	2.1	2.6	.7	1.2	2.2
5 and under ‡ .....	1.5	2.2	2.9	2.8	.9	1.3	1.9	.5	.8	1.6
Males:										
6-11.....	0.7	5.9	7.6	4.0	2.4	4.3	5.7	--	3.4	5.8
12-19.....	0.8	5.5	5.2	4.9	4.8	5.0	5.0	1.4	2.7	4.4
20-39.....	1.6	3.2	5.0	7.3	4.4	7.5	6.6	2.2	4.5	6.4
40-59.....	1.3	5.7	4.2	4.2	4.3	5.1	5.7	1.9	3.4	5.3
60 and over.....	0.7	4.5	3.6	2.3	2.8	4.0	4.8	2.0	3.2	5.0
20 and over.....	3.6	2.0	2.4	3.2	3.0	4.2	4.0	1.4	2.7	3.9
Females:										
6-11.....	0.8	3.5	5.4	5.1	3.1	3.9	5.4	--	3.5	4.0
12-19.....	1.0	3.8	4.3	4.2	3.5	4.1	4.0	2.4	5.1	6.0
20-39.....	2.1	2.6	5.6	5.2	4.3	5.8	4.1	1.7	2.9	3.0
40-59.....	1.3	3.2	3.6	3.9	3.5	4.5	4.3	1.3	3.0	4.5
60 and over.....	1.0	4.6	3.7	2.7	3.8	4.3	4.5	2.1	3.6	4.1
20 and over.....	4.5	1.5	3.8	2.8	3.1	3.4	2.5	.8	1.5	1.6
All individuals.....	12.8	1.2	2.1	2.1	1.5	1.4	1.4	.6	1.2	1.8

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
White:										
Males and females:										
1-2.....	2.1	.2	.4	.7	.5	1.4	2.0	.5	1.5	2.1
3-5.....	3.3	.2	.4	.9	.5	1.0	1.4	.6	1.2	1.6
5 and under ‡ .....	6.2	.1	.2	.6	.3	.9	1.1	.4	.9	1.4
Males:										
6-11.....	3.4	.2	.4	1.2	.4	.9	2.2	1.3	1.9	2.9
12-19.....	4.3	.7	1.4	2.2	.5	1.2	2.0	1.5	2.4	2.3
20-39.....	12.2	.6	1.2	1.7	.4	1.1	1.9	1.1	2.2	2.4
40-59.....	9.5	.7	1.3	1.5	.4	.9	1.2	.9	1.6	1.6
60 and over.....	5.8	.3	.9	1.1	.4	.6	1.2	.9	1.6	1.7
20 and over.....	27.5	.4	.7	1.1	.3	.7	1.1	.6	1.3	1.4
Females:										
6-11.....	3.2	.2	1.0	2.1	.8	1.7	2.9	1.0	2.7	3.3
12-19.....	4.0	1.4	2.0	2.3	.9	1.6	1.9	1.4	2.5	2.4
20-39.....	11.9	.9	1.5	2.3	.7	1.4	2.0	1.5	1.6	1.8
40-59.....	10.1	.5	1.2	1.5	.5	.9	1.5	1.0	1.4	1.7
60 and over.....	7.7	.7	1.4	1.7	.7	1.3	1.8	1.4	1.4	2.0
20 and over.....	29.6	.4	1.0	1.4	.3	.7	1.3	.7	1.1	1.0
All individuals.....	78.2	.2	.6	.9	.2	.5	.8	.4	.8	.8
Black:										
Males and females:										
1-2.....	0.5	--	1.5	2.2	1.3	2.6	3.3	1.8	2.8	4.0
3-5.....	0.8	--	1.4	1.7	.7	1.4	2.2	.6	2.4	4.3
5 and under ‡ .....	1.5	--	1.1	1.4	.5	1.1	1.8	.7	1.9	3.1
Males:										
6-11.....	0.7	--	1.3	5.3	--	3.2	4.7	2.3	4.2	5.0
12-19.....	0.8	1.8	3.6	4.9	1.4	2.0	4.7	2.6	4.3	6.3
20-39.....	1.6	2.1	5.6	6.3	2.2	2.5	6.3	4.1	5.9	8.0
40-59.....	1.3	2.3	3.8	3.6	1.1	3.5	4.7	3.2	4.5	4.3
60 and over.....	0.7	2.3	4.5	4.7	1.3	3.0	5.1	3.7	5.2	3.3
20 and over.....	3.6	1.2	3.0	2.9	1.1	1.6	3.2	1.7	3.3	3.0
Females:										
6-11.....	0.8	--	4.0	5.2	--	2.8	4.0	2.7	2.3	4.0
12-19.....	1.0	3.7	5.3	5.0	1.5	3.2	4.9	4.0	5.2	5.8
20-39.....	2.1	2.6	2.9	4.7	1.4	4.1	3.9	3.0	3.5	4.9
40-59.....	1.3	1.9	3.2	4.1	1.2	2.7	3.6	3.2	4.1	4.2
60 and over.....	1.0	2.7	4.0	4.8	2.2	4.2	3.9	3.9	4.4	3.6
20 and over.....	4.5	1.6	1.7	2.8	.9	2.4	2.1	2.0	2.3	3.1
All individuals.....	12.8	.7	1.1	1.9	.5	1.2	1.8	1.1	1.6	2.3

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<hr/>										
	<i>Percent</i>	<i>Percent of individuals</i>								
<hr/>										
White:										
Males and females:										
1-2.....	2.1	--	.2	.3	--	.3	.3	1.0	1.9	2.3
3-5.....	3.3	.1	.3	.5	.2	.3	.4	.9	1.6	1.8
5 and under ‡ .....	6.2	.1	.2	.2	.3	.3	.3	.8	1.2	1.6
Males:										
6-11.....	3.4	.3	.5	.9	--	.4	.7	.9	2.1	3.1
12-19.....	4.3	.6	1.7	2.2	.5	.8	1.2	1.5	2.4	2.6
20-39.....	12.2	.7	1.3	2.0	.6	.9	1.0	1.3	1.3	1.8
40-59.....	9.5	1.0	1.5	1.4	.4	.7	1.0	1.2	1.4	1.7
60 and over.....	5.8	.8	1.2	1.1	.5	.6	1.2	1.0	1.5	1.4
20 and over.....	27.5	.5	.9	1.2	.3	.5	.7	.8	1.0	1.1
Females:										
6-11.....	3.2	.3	.8	1.8	.5	.6	1.1	1.2	2.6	3.3
12-19.....	4.0	1.6	2.2	2.2	1.3	1.8	2.0	2.4	1.7	1.4
20-39.....	11.9	1.0	2.0	2.3	1.0	1.4	1.7	1.6	1.8	1.5
40-59.....	10.1	1.0	1.3	1.8	.6	1.0	1.4	1.4	1.9	1.5
60 and over.....	7.7	.7	1.2	1.5	.7	1.2	1.9	1.7	1.4	1.3
20 and over.....	29.6	.5	1.0	1.3	.5	.7	1.0	1.1	1.2	.9
All individuals.....	78.2	.3	.6	.8	.3	.4	.6	.7	.9	.8
Black:										
Males and females:										
1-2.....	0.5	--	--	.9	.5	.5	.9	3.1	4.4	3.8
3-5.....	0.8	--	--	.7	--	--	1.0	2.5	3.8	4.0
5 and under ‡ .....	1.5	--	--	.4	.1	.1	.7	2.0	3.1	3.0
Males:										
6-11.....	0.7	--	1.1	2.8	--	--	1.5	3.7	5.3	5.4
12-19.....	0.8	1.8	5.2	6.1	1.6	2.7	3.7	5.2	5.8	5.9
20-39.....	1.6	3.4	5.1	5.7	4.6	4.3	4.2	5.5	8.2	9.4
40-59.....	1.3	2.6	3.1	3.8	1.8	3.0	3.4	3.9	5.2	4.7
60 and over.....	0.7	3.1	5.0	5.6	2.3	3.4	4.5	5.1	4.0	3.5
20 and over.....	3.6	2.1	2.3	2.8	2.4	2.2	2.1	3.3	3.7	3.9
Females:										
6-11.....	0.8	.5	.6	2.4	--	.7	1.8	5.3	4.9	4.5
12-19.....	1.0	3.1	4.0	3.3	4.3	4.9	5.3	5.7	3.8	2.7
20-39.....	2.1	4.0	3.2	3.6	3.0	2.7	3.0	3.5	2.5	2.4
40-59.....	1.3	3.1	3.8	4.5	3.3	2.9	4.2	4.0	3.7	2.9
60 and over.....	1.0	3.6	5.1	3.4	3.5	4.0	3.7	4.4	3.8	2.7
20 and over.....	4.5	2.4	1.9	2.5	1.8	1.6	2.0	2.5	1.9	1.7
All individuals.....	12.8	1.3	1.2	1.5	1.3	1.0	1.2	1.9	1.5	1.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued



Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets below selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA	Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	.6	1.1	1.9	.1	.3	.6	1.1	1.9	2.3
3-5.....	3.3	.3	.9	1.5	.1	.3	.8	.4	1.3	2.1
5 and under ‡ .....	6.2	.3	.7	1.2	.1	.3	.6	.5	1.0	1.8
Males:										
6-11.....	3.4	.4	.8	2.0	.4	1.0	2.2	.7	1.0	2.0
12-19.....	4.3	.5	1.0	2.0	1.3	3.1	2.7	.4	1.0	2.2
20-39.....	12.2	.3	.8	1.4	1.1	1.8	1.9	.2	.7	1.2
40-59.....	9.5	.5	.7	1.0	1.0	1.4	1.5	.2	.7	1.2
60 and over.....	5.8	.2	.8	1.2	1.1	1.8	1.3	.5	.8	1.0
20 and over.....	27.5	.2	.4	.8	.7	1.2	1.2	.2	.5	.7
Females:										
6-11.....	3.2	.5	1.2	2.5	.6	1.9	2.8	.7	1.6	2.7
12-19.....	4.0	1.8	2.5	2.0	2.5	2.8	1.8	1.6	2.3	2.8
20-39.....	11.9	.8	1.3	1.8	1.4	1.7	1.6	1.4	2.3	1.5
40-59.....	10.1	.5	.9	1.5	.9	1.6	1.8	1.0	1.7	1.4
60 and over.....	7.7	.9	1.5	1.7	1.6	1.7	1.2	.7	1.4	1.6
20 and over.....	29.6	.4	.9	1.2	.7	1.1	1.1	.8	1.4	1.1
All individuals.....	78.2	.2	.5	.7	.4	.9	.8	.3	.7	.8
Black:										
Males and females:										
1-2.....	0.5	1.1	3.4	3.5	--	--	1.2	1.7	2.8	4.4
3-5.....	0.8	1.0	3.0	3.5	.3	1.3	1.8	.8	2.7	3.4
5 and under ‡ .....	1.5	.5	2.1	2.3	.2	.8	1.2	.6	2.0	2.7
Males:										
6-11.....	0.7	.5	4.1	7.3	--	5.4	6.1	1.4	2.9	5.1
12-19.....	0.8	2.1	3.8	5.7	5.4	5.5	3.7	1.4	2.5	4.2
20-39.....	1.6	2.0	2.6	6.0	3.3	7.9	7.2	1.6	2.3	6.3
40-59.....	1.3	1.3	2.0	3.2	3.4	3.5	3.2	1.5	2.2	4.1
60 and over.....	0.7	1.1	4.0	5.3	5.0	2.6	2.3	1.1	3.9	5.0
20 and over.....	3.6	1.1	1.6	3.4	2.3	3.9	3.2	.9	1.3	3.2
Females:										
6-11.....	0.8	.6	3.7	4.9	2.2	4.5	5.1	1.9	3.8	4.8
12-19.....	1.0	4.6	4.7	4.1	4.4	3.8	3.0	5.3	4.6	3.7
20-39.....	2.1	2.8	2.6	3.9	2.2	4.8	2.8	2.9	3.9	2.2
40-59.....	1.3	1.3	2.8	4.0	3.3	4.3	2.8	3.5	4.7	3.8
60 and over.....	1.0	2.4	3.7	4.6	4.7	4.8	2.9	2.6	4.5	3.8
20 and over.....	4.5	1.7	1.7	2.3	1.6	3.2	1.6	1.7	2.7	1.5
All individuals.....	12.8	.7	1.0	1.6	1.4	2.4	1.7	.8	1.3	1.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Ase.--Nutrient intakes: Standard errors of percentages of individuals with diets  
below selected levels of the 1989 Recommended Dietary Allowances (RDAs),  
by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		Below 50% RDA	Below 75% RDA	Below 100% RDA
<i>Percent</i>		<i>Percent of individuals</i>		
White:				
Males and females:				
1-2.....	2.1	1.7	2.4	1.4
3-5.....	3.3	1.2	1.8	1.9
5 and under ‡ .....	6.2	1.0	1.7	1.5
Males:				
6-11.....	3.4	1.2	2.2	2.6
12-19.....	4.3	1.4	2.1	2.2
20-39.....	12.2	1.2	1.9	1.6
40-59.....	9.5	1.0	1.4	1.4
60 and over.....	5.8	1.7	2.1	1.7
20 and over.....	27.5	.7	1.2	1.1
Females:				
6-11.....	3.2	1.9	3.2	3.0
12-19.....	4.0	1.7	2.4	1.8
20-39.....	11.9	1.6	1.6	1.4
40-59.....	10.1	1.3	1.7	1.4
60 and over.....	7.7	1.6	1.9	1.1
20 and over.....	29.6	1.0	1.1	.9
All individuals.....	78.2	.6	.9	.8
Black:				
Males and females:				
1-2.....	0.5	2.5	4.1	4.1
3-5.....	0.8	2.5	3.8	3.3
5 and under ‡ .....	1.5	1.6	2.7	2.8
Males:				
6-11.....	0.7	3.8	8.4	6.4
12-19.....	0.8	4.2	4.9	6.5
20-39.....	1.6	6.6	6.3	7.1
40-59.....	1.3	3.4	5.5	4.1
60 and over.....	0.7	4.8	4.6	3.5
20 and over.....	3.6	3.6	2.8	3.1
Females:				
6-11.....	0.8	3.3	5.4	5.3
12-19.....	1.0	5.2	4.4	3.9
20-39.....	2.1	2.5	3.8	2.2
40-59.....	1.3	3.3	4.1	3.3
60 and over.....	1.0	4.8	3.5	2.2
20 and over.....	4.5	1.8	2.2	1.4
All individuals.....	12.8	1.5	1.9	1.4

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96

Race sex and age (years)	Percentage of population	Food energy			Protein			Vitamin A (µg RE)		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	2.1	1.0	.3	.4	.9	1.5	1.3	1.9	2.1
3-5.....	3.3	1.5	.8	.3	.3	1.0	1.7	1.6	1.6	1.5
5 and under ‡ .....	6.2	1.5	.8	.2	.7	1.1	1.4	1.1	1.5	1.3
Males:										
6-11.....	3.4	2.5	1.0	.4	.6	2.0	2.3	2.4	2.4	1.6
12-19.....	4.3	2.7	1.6	.5	1.4	2.3	2.1	2.4	1.8	1.5
20-39.....	12.2	2.1	.9	.3	1.0	2.2	1.5	1.6	1.3	1.0
40-59.....	9.5	1.7	.5	.3	1.1	1.8	1.0	1.6	1.3	.9
60 and over.....	5.8	1.4	.5	.1	1.7	1.7	.8	1.5	1.3	1.1
20 and over.....	27.5	1.4	.5	.2	.8	1.4	.7	1.1	.9	.7
Females:										
6-11.....	3.2	2.4	.5	--	1.0	2.7	2.8	3.3	2.9	2.2
12-19.....	4.0	2.6	.7	.2	2.0	2.2	1.8	2.3	2.3	1.9
20-39.....	11.9	1.4	.4	--	1.5	1.4	.8	1.9	1.2	.9
40-59.....	10.1	1.2	.4	--	1.5	1.3	.7	1.6	1.4	1.2
60 and over.....	7.7	1.1	.1	--	1.7	1.2	.7	2.3	1.7	1.2
20 and over.....	29.6	.9	.2	--	1.1	.8	.5	1.4	.9	.7
All individuals.....	78.2	.8	.3	.1	.6	.8	.5	.9	.6	.5
Black:										
Males and females:										
1-2.....	0.5	3.2	3.1	1.2	0.0	1.8	4.0	4.3	4.9	3.8
3-5.....	0.8	4.4	1.8	.3	.8	2.3	2.9	3.6	4.7	4.2
5 and under ‡ .....	1.5	3.3	1.9	.9	1.2	2.2	2.5	2.5	3.4	3.1
Males:										
6-11.....	0.7	4.7	1.4	--	2.7	6.9	6.3	5.7	3.5	3.1
12-19.....	0.8	6.6	3.6	1.8	3.7	7.1	6.9	4.4	3.4	2.5
20-39.....	1.6	7.0	9.5	9.5	6.4	6.1	7.3	7.4	9.6	9.5
40-59.....	1.3	4.4	1.7	.4	3.8	4.4	3.1	2.9	3.1	2.4
60 and over.....	0.7	2.2	.9	.9	5.9	3.5	1.6	5.3	4.3	2.5
20 and over.....	3.6	4.4	4.4	4.3	3.7	3.4	3.5	3.0	4.3	4.0
Females:										
6-11.....	0.8	4.1	--	--	3.4	4.6	5.2	6.0	4.3	2.8
12-19.....	1.0	4.2	1.8	1.0	5.6	5.0	3.0	4.3	2.8	1.6
20-39.....	2.1	2.6	1.6	.2	3.4	3.1	2.2	4.8	4.0	2.4
40-59.....	1.3	2.8	1.3	--	3.4	4.0	2.5	3.8	3.9	2.5
60 and over.....	1.0	2.3	.5	.3	4.2	2.9	.8	4.0	3.4	3.1
20 and over.....	4.5	1.8	1.0	.1	2.0	2.3	1.2	2.4	2.6	1.4
All individuals.....	12.8	1.8	1.5	1.3	1.4	2.1	1.6	1.4	2.0	1.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Vitamin E			Vitamin C			Thiamin		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	1.5	.9	.7	1.7	2.1	2.0	1.4	2.0	1.6
3-5.....	3.3	1.7	1.1	.6	1.3	1.8	1.5	1.5	1.6	1.4
5 and under ‡ .....	6.2	1.4	1.2	.9	1.1	1.2	1.5	1.0	1.4	1.4
Males:										
6-11.....	3.4	2.2	1.4	.8	2.2	2.0	2.5	1.3	3.1	2.1
12-19.....	4.3	2.6	2.0	.6	2.6	2.9	2.3	2.1	2.7	1.9
20-39.....	12.2	2.1	1.4	.7	1.7	1.9	1.7	1.9	1.9	1.2
40-59.....	9.5	1.5	1.1	.6	1.7	1.5	1.4	1.6	1.5	.9
60 and over.....	5.8	1.3	.6	.7	1.7	1.5	1.6	1.4	1.4	1.3
20 and over.....	27.5	1.2	.8	.4	1.2	1.2	1.1	1.1	1.1	.7
Females:										
6-11.....	3.2	2.5	1.3	.9	2.1	2.5	2.5	2.4	3.2	1.9
12-19.....	4.0	2.5	1.1	.7	2.6	3.1	3.2	2.3	2.3	1.5
20-39.....	11.9	1.4	1.1	.7	2.0	1.8	1.6	1.8	1.4	1.1
40-59.....	10.1	1.7	.9	.7	1.9	1.6	1.5	1.7	1.5	.9
60 and over.....	7.7	1.6	.8	.4	1.4	1.4	1.3	1.8	1.7	1.0
20 and over.....	29.6	1.0	.5	.3	1.4	1.2	1.0	1.1	1.0	.6
All individuals.....	78.2	.9	.4	.2	1.0	.9	.9	.8	.8	.4
Black:										
Males and females:										
1-2.....	0.5	2.7	2.0	1.2	2.9	3.8	3.7	2.2	4.9	4.3
3-5.....	0.8	3.8	1.2	--	2.6	4.9	5.1	2.2	4.1	3.7
5 and under ‡ .....	1.5	2.8	2.0	1.7	1.9	3.3	3.3	1.6	3.2	2.5
Males:										
6-11.....	0.7	4.0	2.1	.8	5.7	6.2	6.5	5.8	5.4	3.9
12-19.....	0.8	4.9	3.0	1.3	5.0	4.5	5.7	4.4	5.3	3.6
20-39.....	1.6	7.3	7.6	9.4	6.6	5.1	5.6	6.4	7.4	9.4
40-59.....	1.3	4.2	2.3	2.0	5.7	5.8	5.9	5.3	6.3	2.7
60 and over.....	0.7	2.3	.9	.7	4.8	3.6	4.8	5.0	4.5	2.2
20 and over.....	3.6	3.2	3.5	4.3	4.0	3.8	4.3	3.9	5.4	4.1
Females:										
6-11.....	0.8	5.1	1.5	.4	5.4	5.8	5.5	4.0	4.2	3.2
12-19.....	1.0	4.2	2.2	1.0	4.0	5.4	4.7	6.0	4.0	2.9
20-39.....	2.1	5.2	1.5	.9	4.1	3.5	4.2	3.0	4.0	2.2
40-59.....	1.3	3.9	1.5	1.4	4.3	4.2	4.0	4.5	3.4	1.8
60 and over.....	1.0	2.7	.8	1.0	4.5	4.6	4.2	4.1	2.9	1.5
20 and over.....	4.5	2.8	1.0	.8	2.5	2.2	2.5	1.6	2.3	1.3
All individuals.....	12.8	2.1	1.4	1.3	1.4	1.6	2.0	1.8	2.4	1.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Riboflavin			Niacin			Vitamin B-6		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	.7	1.5	2.2	2.0	1.9	1.3	2.1	1.8	1.0
3-5.....	3.3	.9	1.7	1.6	1.4	1.8	1.6	1.6	1.5	1.2
5 and under ‡ .....	6.2	.6	1.3	1.5	1.1	1.6	1.4	1.4	1.2	.9
Males:										
6-11.....	3.4	1.2	2.7	2.6	2.2	2.9	2.1	2.9	3.1	1.6
12-19.....	4.3	2.2	2.8	2.5	2.0	2.4	1.9	2.3	2.2	1.3
20-39.....	12.2	1.7	1.8	1.3	1.9	2.1	1.8	2.4	1.6	.8
40-59.....	9.5	1.5	1.7	1.0	1.2	1.6	1.6	1.6	1.0	.6
60 and over.....	5.8	1.1	1.7	1.2	1.2	1.4	1.6	1.7	1.2	.7
20 and over.....	27.5	1.1	1.1	.7	1.1	1.2	1.2	1.4	.9	.4
Females:										
6-11.....	3.2	2.1	3.4	2.8	2.9	2.8	1.7	3.3	2.3	1.1
12-19.....	4.0	2.3	1.9	1.5	1.9	1.7	1.1	2.4	1.5	.9
20-39.....	11.9	2.3	1.5	.8	2.0	1.7	.9	1.8	1.1	.5
40-59.....	10.1	1.5	1.6	.8	1.5	1.3	.9	1.7	1.1	.5
60 and over.....	7.7	1.7	1.5	1.1	1.8	1.6	1.1	2.0	1.0	.5
20 and over.....	29.6	1.4	1.0	.6	1.3	1.0	.6	1.0	.7	.2
All individuals.....	78.2	.9	.9	.5	.8	.7	.6	.8	.5	.3
Black:										
Males and females:										
1-2.....	0.5	2.2	4.6	4.3	3.3	4.3	3.8	4.0	4.5	2.3
3-5.....	0.8	1.7	4.0	4.7	2.2	4.1	3.5	4.3	5.1	2.2
5 and under ‡ .....	1.5	1.4	3.3	3.3	1.8	3.1	2.7	3.1	4.0	1.9
Males:										
6-11.....	0.7	5.3	5.4	3.2	4.7	4.8	4.1	5.0	4.6	2.2
12-19.....	0.8	4.9	4.5	2.9	4.7	6.4	4.2	6.3	3.7	3.1
20-39.....	1.6	6.3	7.5	9.3	6.3	7.9	7.7	8.0	7.5	9.4
40-59.....	1.3	3.6	4.4	2.0	4.7	4.4	3.7	4.3	3.0	1.6
60 and over.....	0.7	4.7	2.7	2.9	5.1	4.7	3.0	3.3	2.2	2.2
20 and over.....	3.6	2.9	3.2	4.1	3.2	4.3	3.5	3.0	3.3	4.3
Females:										
6-11.....	0.8	5.2	5.2	4.3	4.0	4.2	1.8	4.0	3.1	.9
12-19.....	1.0	5.0	4.6	3.1	4.9	5.5	2.7	5.8	3.2	1.9
20-39.....	2.1	4.7	2.5	1.7	3.9	3.0	2.1	4.9	1.8	1.3
40-59.....	1.3	4.1	2.8	1.4	3.6	5.1	2.2	4.2	1.8	1.2
60 and over.....	1.0	4.8	3.6	1.5	3.9	3.2	2.6	3.6	2.0	.6
20 and over.....	4.5	2.8	1.6	1.0	2.1	2.7	1.2	3.1	1.2	.6
All individuals.....	12.8	1.9	1.3	1.5	1.8	2.0	1.4	2.3	1.8	1.5

‡ Includes infants under 1; excludes breast-fed children.



Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Folate			Vitamin B-12			Calcium		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i> ----- <i>Percent of individuals</i> -----										
White:										
Males and females:										
1-2.....	2.1	.3	.8	1.5	.3	.6	1.0	2.3	1.6	.8
3-5.....	3.3	.5	1.0	1.5	.4	.9	1.3	1.8	1.4	.6
5 and under ‡ .....	6.2	.2	.5	1.1	.3	.6	.8	1.6	1.2	.7
Males:										
6-11.....	3.4	.9	2.3	2.8	.7	1.8	2.3	3.1	2.1	.9
12-19.....	4.3	2.2	2.4	2.6	1.2	2.0	2.7	2.6	2.1	1.2
20-39.....	12.2	2.0	2.1	1.8	1.0	1.8	1.6	1.8	1.3	.9
40-59.....	9.5	1.4	1.6	1.0	1.0	1.4	1.6	1.7	1.3	.8
60 and over.....	5.8	1.1	1.5	1.5	1.2	1.6	1.7	1.4	1.3	.5
20 and over.....	27.5	1.2	1.4	1.1	.7	1.2	1.1	1.1	.8	.5
Females:										
6-11.....	3.2	1.8	3.5	3.3	1.1	2.0	3.2	3.3	2.1	.9
12-19.....	4.0	2.2	2.6	1.9	2.0	2.1	1.7	1.4	.5	.2
20-39.....	11.9	2.3	1.7	1.2	1.7	1.9	1.8	1.5	.6	.3
40-59.....	10.1	1.8	1.7	1.1	1.4	1.7	1.6	1.5	.6	.3
60 and over.....	7.7	1.5	1.6	1.3	1.9	1.8	1.5	1.3	.8	.3
20 and over.....	29.6	1.3	1.1	.8	1.0	1.3	1.2	.9	.4	.2
All individuals.....	78.2	.8	.9	.7	.6	.9	.9	.8	.4	.3
Black:										
Males and females:										
1-2.....	0.5	.9	2.7	3.7	.9	2.0	2.8	3.8	2.2	1.3
3-5.....	0.8	.7	2.2	2.2	1.0	1.7	2.3	4.0	2.0	.6
5 and under ‡ .....	1.5	.4	1.4	2.0	.7	1.2	1.8	3.0	1.7	1.4
Males:										
6-11.....	0.7	2.8	5.6	5.2	1.5	4.4	8.6	5.4	3.2	.7
12-19.....	0.8	6.1	4.8	4.7	3.7	5.9	7.6	5.9	2.4	1.8
20-39.....	1.6	5.7	9.0	9.1	4.2	6.4	6.3	9.4	9.1	9.5
40-59.....	1.3	3.8	3.2	3.6	3.4	3.7	5.5	4.7	2.4	1.6
60 and over.....	0.7	5.6	4.1	2.9	4.5	4.6	5.2	3.5	2.4	--
20 and over.....	3.6	2.8	4.6	4.7	2.1	2.7	2.4	3.9	4.1	4.3
Females:										
6-11.....	0.8	2.4	4.1	4.9	1.8	3.6	4.7	4.5	1.8	--
12-19.....	1.0	3.3	4.4	3.5	5.3	4.1	3.9	2.7	.7	.7
20-39.....	2.1	3.6	3.4	2.8	3.0	4.4	3.2	2.4	1.3	.7
40-59.....	1.3	4.5	4.0	2.1	4.2	5.0	4.5	2.9	1.7	.4
60 and over.....	1.0	3.4	4.2	2.3	3.7	4.1	3.3	2.7	1.6	.3
20 and over.....	4.5	2.5	2.1	1.6	2.0	2.5	1.9	1.7	.9	.4
All individuals.....	12.8	1.5	2.1	1.9	1.2	1.7	1.8	1.5	1.4	1.3

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 2-day average, 1994-96--continued

Race sex and age (years)	Percentage of population	Phosphorus			Magnesium			Iron		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA	At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
	<i>Percent</i>	<i>Percent of individuals</i>								
White:										
Males and females:										
1-2.....	2.1	1.9	1.8	.8	.6	1.3	1.9	2.3	1.7	.8
3-5.....	3.3	1.5	1.4	.8	.8	1.7	1.7	2.1	1.5	1.1
5 and under ‡ .....	6.2	1.2	1.4	.7	.6	1.5	1.5	1.8	1.5	1.0
Males:										
6-11.....	3.4	2.0	2.6	1.3	2.2	2.9	1.9	2.0	2.5	1.7
12-19.....	4.3	2.0	2.5	1.8	2.7	1.5	.7	2.2	3.1	2.1
20-39.....	12.2	1.4	2.1	1.9	1.9	1.2	.5	1.2	2.2	1.9
40-59.....	9.5	1.0	1.5	1.7	1.5	.9	.3	1.2	1.6	1.1
60 and over.....	5.8	1.2	1.5	1.1	1.3	.6	.2	1.0	1.4	1.3
20 and over.....	27.5	.8	1.3	1.1	1.2	.7	.3	.7	1.3	1.1
Females:										
6-11.....	3.2	2.5	2.7	1.9	2.8	2.8	1.4	2.7	2.7	2.0
12-19.....	4.0	2.0	1.5	.2	1.8	.7	.2	2.8	1.3	.8
20-39.....	11.9	1.8	1.2	.6	1.6	.5	.3	1.5	1.0	.4
40-59.....	10.1	1.5	1.5	.7	1.8	.6	.1	1.4	1.2	.6
60 and over.....	7.7	1.7	1.5	.9	1.2	.6	.3	1.6	1.8	1.0
20 and over.....	29.6	1.2	.8	.5	1.1	.4	.1	1.1	.9	.3
All individuals.....	78.2	.7	.7	.6	.8	.4	.2	.8	.7	.5
Black:										
Males and females:										
1-2.....	0.5	3.5	3.3	1.3	1.2	3.4	4.8	4.4	3.9	2.6
3-5.....	0.8	3.5	3.2	1.5	1.8	3.8	3.8	3.4	3.6	2.2
5 and under ‡ .....	1.5	2.3	2.7	1.4	1.2	2.5	3.4	2.7	2.6	1.9
Males:										
6-11.....	0.7	7.3	5.1	3.3	6.1	5.2	2.3	5.1	5.2	2.7
12-19.....	0.8	5.7	3.9	3.4	3.7	.8	.8	4.2	5.7	4.6
20-39.....	1.6	6.0	5.7	7.6	7.2	9.4	1.2	6.3	6.7	8.0
40-59.....	1.3	3.2	3.8	4.2	3.2	2.0	.8	4.1	4.1	4.4
60 and over.....	0.7	5.3	4.0	2.5	2.3	1.2	--	5.0	5.7	4.9
20 and over.....	3.6	3.4	3.4	3.4	3.2	4.3	.6	3.2	3.4	3.7
Females:										
6-11.....	0.8	4.9	3.4	1.5	5.1	4.6	1.1	4.8	5.0	1.6
12-19.....	1.0	4.1	2.0	1.0	3.0	1.7	.8	3.7	3.1	1.4
20-39.....	2.1	3.9	3.4	1.7	2.8	1.5	--	2.2	2.6	.9
40-59.....	1.3	4.0	3.0	2.0	2.8	1.2	--	3.8	1.7	1.1
60 and over.....	1.0	4.6	2.7	.6	2.9	.5	--	3.8	2.2	2.1
20 and over.....	4.5	2.3	2.0	1.0	1.6	.9	--	1.5	1.4	.7
All individuals.....	12.8	1.6	1.8	1.5	1.7	1.7	.7	1.5	1.9	1.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

Continued

Table 43Bse.--Nutrient intakes: Standard errors of percentages of individuals with diets at or above selected levels of the 1989 Recommended Dietary Allowances (RDAs), by race, 1994-96--continued

Race sex and age (years)	Percentage of population	Zinc		
		At or above 100% RDA	At or above 150% RDA	At or above 200% RDA
<i>Percent</i>		<i>Percent of individuals</i>		
White:				
Males and females:				
1-2.....	2.1	1.4	.8	.1
3-5.....	3.3	1.9	.6	.3
5 and under ‡ .....	6.2	1.5	.9	.2
Males:				
6-11.....	3.4	2.6	1.7	1.0
12-19.....	4.3	2.2	1.7	1.1
20-39.....	12.2	1.6	1.4	.7
40-59.....	9.5	1.4	.8	.3
60 and over.....	5.8	1.7	.7	.5
20 and over.....	27.5	1.1	.7	.4
Females:				
6-11.....	3.2	3.0	1.7	.6
12-19.....	4.0	1.8	.9	.3
20-39.....	11.9	1.4	.5	.3
40-59.....	10.1	1.4	.6	.4
60 and over.....	7.7	1.1	.5	.2
20 and over.....	29.6	.9	.3	.2
All individuals.....	78.2	.8	.4	.2
Black:				
Males and females:				
1-2.....	0.5	4.1	2.6	1.7
3-5.....	0.8	3.3	2.2	.7
5 and under ‡ .....	1.5	2.8	2.1	1.4
Males:				
6-11.....	0.7	6.4	2.6	1.3
12-19.....	0.8	6.5	2.9	.7
20-39.....	1.6	7.1	7.7	7.8
40-59.....	1.3	4.1	3.1	1.1
60 and over.....	0.7	3.5	1.0	.9
20 and over.....	3.6	3.1	3.6	3.5
Females:				
6-11.....	0.8	5.3	2.5	--
12-19.....	1.0	3.9	3.1	.8
20-39.....	2.1	2.2	1.5	.5
40-59.....	1.3	3.3	1.1	.7
60 and over.....	1.0	2.2	1.2	.6
20 and over.....	4.5	1.4	.9	.3
All individuals.....	12.8	1.4	1.2	1.2

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 44se.--Nutrient Intakes: Standard errors of mean percentages of calories from protein, fat, carbohydrate, and alcohol, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
Percent		----- Percent of kilocalories -----						
White:								
Males and females:								
1-2.....	2.1	.1	.4	.2	.1	.1	.5	*
3-5.....	3.4	.1	.3	.1	.1	.1	.3	*
5 and under ‡ .....	6.2	.1	.2	.1	.1	.1	.3	*
Males:								
6-11.....	3.37	.2	.3	.2	.1	.1	.4	*
12-19.....	4.27	.2	.3	.2	.1	.1	.4	.2
20-39.....	12.2	.1	.3	.1	.1	.1	.3	.2
40-59.....	9.5	.1	.3	.1	.1	.1	.4	.2
60 and over.....	5.8	.1	.2	.1	.1	.1	.3	.2
20 and over.....	27.5	.1	.2	.1	.1	.1	.2	.2
Females:								
6-11.....	3.2	.2	.3	.2	.1	.1	.4	*
12-19.....	4.1	.2	.4	.2	.2	.1	.5	.1
20-39.....	11.9	.2	.3	.1	.1	.1	.4	.2
40-59.....	10.1	.1	.3	.1	.1	.1	.3	.1
60 and over.....	7.7	.2	.3	.1	.1	.1	.4	.1
20 and over.....	29.6	.1	.2	.1	.1	.1	.2	.1
All individuals.....	78.2	.1	.1	.1	.1	*	.1	.1
Black:								
Males and females:								
1-2.....	0.8	.3	.9	.4	.4	.2	1.2	*
3-5.....	1.5	.2	.5	.3	.2	.2	.7	*
5 and under ‡ .....	0.7	.2	.5	.3	.2	.1	.7	*
Males:								
6-11.....	0.8	.3	.8	.3	.3	.2	.9	*
12-19.....	1.6	.4	.7	.3	.3	.2	1.0	*
20-39.....	1.3	.5	.7	.4	.4	.4	1.0	.6
40-59.....	0.7	.6	1.1	.4	.5	.3	1.6	.9
60 and over.....	3.6	.4	.8	.3	.5	.2	1.2	.3
20 and over.....	0.8	.3	.5	.2	.3	.2	.8	.3
Females:								
6-11.....	0.9	.4	.9	.3	.5	.2	1.2	*
12-19.....	2.2	.4	.6	.4	.3	.2	.7	.2
20-39.....	1.3	.6	.7	.3	.3	.2	1.0	.3
40-59.....	1.0	.4	.9	.4	.3	.5	1.0	.3
60 and over.....	4.5	.4	.6	.3	.3	.3	.9	.2
20 and over.....	12.8	.3	.5	.2	.2	.2	.6	.2
All individuals.....	0.0	.1	.3	.1	.2	.1	.3	.1

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96

Table 45se.--Nutrient intakes: Standard errors of percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Total fat intake at or below 30 percent of calories	Saturated fatty acid intake below 10 percent of calories	Cholesterol intake at or below 300 milligrams
<div> <div>Percent</div> <div>-----Percent of individuals-----</div> </div>				
White:				
Males and females:				
1-2.....	2.1	1.8	1.8	1.5
3-5.....	3.3	1.5	1.8	1.0
5 and under ‡ .....	6.2	1.2	1.2	.8
Males:				
6-11.....	3.4	2.9	2.8	1.9
12-19.....	4.3	1.9	2.3	2.7
20-39.....	12.2	1.5	1.6	1.3
40-59.....	9.5	1.3	1.2	2.0
60 and over.....	5.8	1.3	1.6	1.4
20 and over.....	27.5	.9	1.0	1.2
Females:				
6-11.....	3.2	2.0	2.2	1.6
12-19.....	4.0	2.8	2.7	2.2
20-39.....	11.9	1.7	1.7	1.0
40-59.....	10.1	1.6	1.6	.9
60 and over.....	7.7	1.9	1.7	1.1
20 and over.....	29.6	.9	1.1	.6
All individuals.....	78.2	.6	.7	.7
Black:				
Males and females:				
1-2.....	0.5	4.9	4.0	3.3
3-5.....	0.8	4.3	3.6	2.4
5 and under ‡ .....	1.5	3.3	2.6	2.3
Males:				
6-11.....	0.7	6.7	5.0	4.6
12-19.....	0.8	3.6	4.3	8.8
20-39.....	1.6	5.3	6.5	6.0
40-59.....	1.3	3.7	3.8	3.9
60 and over.....	0.7	3.6	4.8	4.1
20 and over.....	3.6	3.1	3.0	3.2
Females:				
6-11.....	0.8	6.1	5.1	4.6
12-19.....	1.0	2.6	3.8	5.0
20-39.....	2.1	4.2	2.9	4.1
40-59.....	1.3	3.3	3.5	4.5
60 and over.....	1.0	3.3	3.7	2.6
20 and over.....	4.5	2.7	1.7	2.8
All individuals.....	12.8	2.3	1.4	1.8

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 46Ase.--Grain products: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
----- Grams -----											
White:											
Males and females:											
1-2.....	2.1	6	1	3	1	1	2	1	1	1	5
3-5.....	3.4	8	2	3	1	1	2	1	1	1	7
5 and under ‡ .....	6.2	5	1	3	1	1	1	1	1	1	4
Males:											
6-11.....	3.4	10	3	6	2	2	4	2	3	2	11
12-19.....	4.3	15	3	5	3	2	3	3	4	2	13
20-39.....	12.2	12	3	5	1	3	4	1	2	2	9
40-59.....	9.5	9	3	5	1	3	3	2	3	1	7
60 and over.....	5.8	8	2	3	1	1	2	2	3	1	5
20 and over.....	27.5	7	2	4	1	2	2	1	2	1	5
Females:											
6-11.....	3.2	6	2	5	2	2	3	2	3	1	6
12-19.....	4.1	13	2	6	1	3	4	2	3	2	11
20-39.....	11.9	8	2	4	1	2	3	1	2	1	6
40-59.....	10.0	6	1	3	1	1	2	1	2	1	5
60 and over.....	7.7	7	1	3	1	1	2	1	2	*	6
20 and over.....	29.6	5	1	2	1	1	1	1	1	*	4
All individuals.....	78.1	4	1	2	*	1	1	1	1	1	3
Black:											
Males and females:											
1-2.....	0.5	12	3	7	2	3	3	1	2	1	10
3-5.....	0.8	14	3	11	4	4	2	3	3	2	10
5 and under ‡ .....	1.5	12	2	7	2	3	2	2	2	1	8
Males:											
6-11.....	0.7	27	5	17	3	10	4	5	9	2	17
12-19.....	0.8	35	9	22	3	12	8	4	11	3	37
20-39.....	1.6	29	6	12	3	9	5	12	11	2	34
40-59.....	1.3	28	6	18	2	8	6	6	6	1	25
60 and over.....	0.7	22	4	16	2	8	3	3	5	1	11
20 and over.....	3.6	18	4	10	2	5	3	6	5	1	17
Females:											
6-11.....	0.8	21	4	9	3	5	3	5	7	3	16
12-19.....	0.9	24	4	23	2	5	22	5	5	2	22
20-39.....	2.2	21	3	8	2	6	2	2	5	2	16
40-59.....	1.3	18	5	11	1	6	3	3	4	1	12
60 and over.....	1.0	14	3	9	2	4	3	4	5	1	10
20 and over.....	4.5	13	2	5	1	4	1	2	2	1	11
All individuals.....	12.8	9	2	5	1	3	2	2	2	1	9

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 46Bse.--Grain products: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	Percent										
White:											
Males and females:											
1-2.....	2.1	.4	1.7	1.5	2.0	1.1	.9	1.4	1.7	1.8	1.6
3-5.....	3.4	.1	1.7	1.5	1.5	.9	1.0	1.5	1.5	2.1	1.7
5 and under ‡ .....	6.2	.5	1.4	1.1	1.2	.8	.7	1.1	1.2	1.4	1.4
Males:											
6-11.....	3.4	.5	2.6	2.3	2.1	.9	1.6	2.1	2.4	1.7	3.0
12-19.....	4.3	.7	2.2	2.7	2.6	1.1	1.2	2.1	2.9	2.0	2.8
20-39.....	12.2	.6	1.9	1.2	1.1	.7	.9	1.0	1.6	1.6	1.5
40-59.....	9.5	.5	1.3	1.4	1.4	.9	.9	1.7	1.7	1.6	1.7
60 and over.....	5.8	.4	1.4	1.4	1.1	.7	.7	1.5	1.2	1.9	1.2
20 and over.....	27.5	.4	1.1	.9	.7	.5	.6	.9	.9	1.1	1.1
Females:											
6-11.....	3.2	.4	2.4	2.8	2.5	1.5	1.2	2.2	2.0	2.5	2.2
12-19.....	4.1	.6	2.4	2.7	2.2	1.3	1.7	2.1	2.2	2.3	2.4
20-39.....	11.9	.5	1.6	1.8	1.4	1.1	1.0	1.4	1.8	1.1	1.5
40-59.....	10.0	.4	1.0	1.3	1.3	.7	.9	1.2	1.6	1.6	1.3
60 and over.....	7.7	.3	1.3	1.8	1.5	.6	.8	1.2	1.2	1.8	1.4
20 and over.....	29.6	.3	.7	1.1	.9	.5	.6	.7	.9	1.0	.9
All individuals.....	78.1	.2	.7	.8	.5	.4	.5	.6	.8	.8	.8
Black:											
Males and females:											
1-2.....	0.5	.8	4.1	3.8	4.1	2.6	2.0	2.8	3.9	2.5	4.8
3-5.....	0.8	.8	4.3	3.6	3.5	3.5	1.6	3.4	5.2	3.9	3.8
5 and under ‡ .....	1.5	1.4	3.2	2.2	2.9	2.2	1.4	1.9	4.0	2.7	3.6
Males:											
6-11.....	0.7	1.3	6.0	5.5	6.5	4.5	1.3	6.1	5.5	5.3	4.9
12-19.....	0.8	1.8	6.0	6.2	4.3	4.2	2.1	3.6	6.4	2.9	4.4
20-39.....	1.6	2.1	5.7	4.7	2.5	3.8	1.5	6.0	5.2	3.2	5.7
40-59.....	1.3	2.8	3.9	5.0	3.7	4.2	1.2	3.0	4.3	2.8	4.7
60 and over.....	0.7	2.0	5.1	4.3	3.0	3.3	2.0	2.6	4.6	2.6	3.2
20 and over.....	3.6	1.4	3.2	3.4	1.9	2.1	.9	2.6	3.1	2.0	2.6
Females:											
6-11.....	0.8	1.5	6.0	4.5	5.3	3.6	1.5	3.9	5.7	4.1	6.2
12-19.....	0.9	.9	6.3	5.1	3.1	2.6	1.9	4.4	5.6	2.7	5.4
20-39.....	2.2	1.8	2.8	3.3	3.1	3.0	1.2	3.7	3.2	2.9	4.2
40-59.....	1.3	2.2	4.8	3.6	1.9	3.2	1.3	4.0	4.3	2.6	4.2
60 and over.....	1.0	1.0	4.1	3.0	3.5	2.2	1.2	3.6	5.1	3.0	2.3
20 and over.....	4.5	1.3	2.2	2.1	1.7	1.9	.8	1.8	2.3	1.7	2.7
All individuals.....	12.8	.7	1.7	1.7	1.1	1.0	.6	1.4	1.7	1.3	2.4

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 47Ase.--Vegetables: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
	Percent										
<hr/>											
White:											
Males and females:											
1-2.....	2.1	4	2	1	1	1	1	*	1	1	2
3-5.....	3.4	4	3	1	*	1	2	*	1	1	2
5 and under ‡ .....	6.2	3	2	1	*	1	1	*	1	1	2
Males:											
6-11.....	3.4	7	5	2	1	1	1	1	1	1	3
12-19.....	4.3	15	11	4	1	1	2	2	1	2	3
20-39.....	12.2	6	4	2	2	1	3	1	1	2	3
40-59.....	9.5	9	4	2	2	1	3	1	1	2	4
60 and over.....	5.8	8	3	1	2	1	3	1	2	2	4
20 and over.....	27.5	5	3	2	1	1	2	1	1	1	2
Females:											
6-11.....	3.2	8	3	2	1	1	2	1	2	2	4
12-19.....	4.1	10	6	3	2	1	2	2	1	2	4
20-39.....	11.9	7	3	2	2	2	2	1	1	2	3
40-59.....	10.0	6	3	1	2	1	2	1	1	1	4
60 and over.....	7.7	6	3	1	1	1	2	1	1	1	3
20 and over.....	29.6	4	2	1	1	1	1	1	1	1	2
All individuals.....	78.1	4	2	1	1	1	1	1	*	1	1
Black:											
Males and females:											
1-2.....	0.5	9	5	2	2	1	1	*	2	3	3
3-5.....	0.8	8	5	3	1	2	1	1	2	3	4
5 and under ‡ .....	1.5	7	3	2	1	1	1	1	1	2	3
Males:											
6-11.....	0.7	11	8	7	2	3	2	2	2	4	4
12-19.....	0.8	19	14	8	6	1	14	3	1	3	4
20-39.....	1.6	17	12	10	13	1	5	4	2	9	5
40-59.....	1.3	16	9	7	5	2	6	4	6	7	8
60 and over.....	0.7	18	7	3	6	4	4	3	2	3	16
20 and over.....	3.6	9	6	5	5	1	3	2	2	4	5
Females:											
6-11.....	0.8	12	5	4	2	1	3	5	4	4	3
12-19.....	0.9	11	8	6	2	1	3	2	3	3	6
20-39.....	2.2	17	7	4	4	2	6	2	3	4	8
40-59.....	1.3	17	5	2	5	5	5	4	4	4	9
60 and over.....	1.0	17	4	2	7	4	4	3	3	4	11
20 and over.....	4.5	10	4	2	3	1	2	1	2	2	6
All individuals.....	12.8	5	3	2	2	1	1	1	1	2	3

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 47Bse.--Vegetables: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	1.7	1.9	1.9	.9	1.4	1.4	.8	1.3	1.6	1.6
3-5.....	3.4	1.8	2.4	1.8	.7	.9	1.9	1.1	1.2	1.1	1.5
5 and under ‡ .....	6.2	1.3	1.8	1.4	.6	.9	1.3	.7	.8	1.0	1.1
Males:											
6-11.....	3.4	2.0	2.6	2.2	1.3	1.7	2.1	1.6	1.4	1.5	1.9
12-19.....	4.3	1.9	2.4	2.6	.8	1.5	2.1	1.8	1.1	1.2	1.8
20-39.....	12.2	1.0	1.7	1.3	.7	.9	1.2	1.0	.7	1.1	1.4
40-59.....	9.5	.9	1.4	1.5	.9	.8	1.7	1.2	.9	1.2	1.5
60 and over.....	5.8	.9	1.6	1.2	1.0	.9	1.7	1.7	1.0	1.2	1.2
20 and over.....	27.5	.6	1.2	1.0	.6	.5	1.0	.8	.5	.9	.6
Females:											
6-11.....	3.2	1.9	2.5	2.0	1.0	1.5	2.2	1.7	1.1	1.5	2.1
12-19.....	4.1	2.2	2.1	2.5	1.4	1.8	2.5	1.8	.9	1.4	2.7
20-39.....	11.9	1.1	1.8	1.4	1.0	1.0	1.8	1.7	.9	1.2	1.6
40-59.....	10.0	1.0	1.4	1.1	1.0	.9	1.2	1.2	.7	1.0	1.3
60 and over.....	7.7	.9	1.8	1.0	1.0	1.2	1.5	1.5	1.1	1.2	1.4
20 and over.....	29.6	.7	1.2	.8	.6	.6	.9	.9	.5	.6	.9
All individuals.....	78.1	.4	.9	.7	.4	.4	.6	.6	.4	.6	.7
Black:											
Males and females:											
1-2.....	0.5	3.2	3.4	3.1	3.1	1.8	3.0	1.5	2.6	3.2	3.2
3-5.....	0.8	2.6	4.5	3.3	1.7	2.3	4.3	2.3	2.8	3.1	3.2
5 and under ‡ .....	1.5	2.1	2.7	2.3	1.5	1.4	2.4	1.5	2.0	1.8	2.2
Males:											
6-11.....	0.7	4.0	6.1	5.9	2.6	3.7	4.2	2.3	2.5	3.6	4.1
12-19.....	0.8	4.4	6.6	6.3	3.4	1.3	6.5	5.4	1.1	1.2	4.8
20-39.....	1.6	2.8	3.9	3.6	5.8	1.1	3.4	3.8	1.0	6.2	4.7
40-59.....	1.3	3.3	4.8	3.9	2.8	2.0	5.0	3.3	2.0	1.8	4.2
60 and over.....	0.7	4.1	3.6	2.3	3.2	3.8	4.4	2.9	1.7	2.3	5.5
20 and over.....	3.6	2.3	2.4	2.2	2.3	1.0	3.0	2.2	.9	2.7	3.0
Females:											
6-11.....	0.8	3.8	5.9	5.8	1.9	2.2	5.5	3.3	3.1	4.0	3.5
12-19.....	0.9	4.1	4.8	4.3	1.9	2.0	5.3	4.2	3.8	2.1	4.2
20-39.....	2.2	3.6	2.6	3.3	2.0	1.8	4.1	3.4	1.7	2.6	3.1
40-59.....	1.3	3.3	3.7	2.6	3.0	3.4	4.0	3.7	2.2	3.0	5.2
60 and over.....	1.0	3.5	3.3	2.4	3.3	3.5	3.8	3.9	3.0	2.4	3.9
20 and over.....	4.5	2.4	1.8	2.0	1.7	1.4	2.8	1.9	1.5	1.8	2.0
All individuals.....	12.8	1.3	1.6	1.2	1.0	.7	1.7	1.4	.9	1.0	1.4

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 48Ase.--Fruits: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
Percent			Grams								
White:											
Males and females:											
1-2.....	2.1	9	4	4	*	9	3	1	1	2	8
3-5.....	3.4	10	5	5	*	7	2	1	3	2	5
5 and under ‡ .....	6.2	6	3	3	*	5	1	1	2	2	4
Males:											
6-11.....	3.4	11	7	7	*	8	4	2	2	2	5
12-19.....	4.3	14	11	11	*	6	2	2	4	2	6
20-39.....	12.2	8	6	7	*	5	2	1	2	2	3
40-59.....	9.5	8	6	5	*	5	2	1	2	2	4
60 and over.....	5.8	7	4	3	*	6	2	2	4	2	2
20 and over.....	27.5	5	4	4	*	3	1	1	1	1	2
Females:											
6-11.....	3.2	9	6	6	*	6	3	1	2	3	5
12-19.....	4.1	15	9	9	*	13	2	1	6	3	8
20-39.....	11.9	6	5	5	*	4	1	1	2	1	3
40-59.....	10.0	8	4	4	*	6	2	2	4	2	2
60 and over.....	7.7	6	4	4	*	5	3	1	3	2	2
20 and over.....	29.6	5	3	3	*	3	1	1	2	1	1
All individuals.....	78.1	4	3	3	*	2	1	*	1	1	1
Black:											
Males and females:											
1-2.....	0.5	37	12	11	*	36	3	4	1	5	32
3-5.....	0.8	13	9	7	*	11	5	3	4	4	8
5 and under ‡ .....	1.5	19	6	5	*	18	3	2	2	3	14
Males:											
6-11.....	0.7	26	9	8	--	22	5	2	12	7	17
12-19.....	0.8	40	36	35	4	10	5	3	--	2	8
20-39.....	1.6	17	19	20	--	11	2	3	2	3	12
40-59.....	1.3	28	16	17	--	19	5	7	12	5	11
60 and over.....	0.7	19	10	9	1	14	4	5	3	6	11
20 and over.....	3.6	13	12	12	*	9	2	3	4	2	6
Females:											
6-11.....	0.8	21	16	15	*	15	4	2	3	5	13
12-19.....	0.9	15	11	11	1	13	4	3	3	4	11
20-39.....	2.2	15	8	8	*	11	2	3	4	3	6
40-59.....	1.3	31	24	22	1	10	4	3	5	5	4
60 and over.....	1.0	19	16	14	*	8	4	4	5	3	5
20 and over.....	4.5	15	11	10	*	7	2	2	3	2	4
All individuals.....	12.8	8	7	6	*	4	1	1	2	1	3

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 48Bse--Fruits: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	1.6	1.6	1.6	1.0	2.0	2.0	1.3	.8	1.6	2.1
3-5.....	3.4	1.7	1.5	1.5	.7	1.8	1.0	1.1	.9	1.0	1.6
5 and under ‡ .....	6.2	1.3	1.0	1.0	.6	1.4	1.0	.9	.6	1.2	1.4
Males:											
6-11.....	3.4	2.4	2.1	2.1	.5	2.7	2.1	1.2	1.3	1.4	1.3
12-19.....	4.3	2.3	2.2	2.1	.4	1.6	1.3	1.3	1.2	1.1	1.2
20-39.....	12.2	1.4	1.3	1.3	.4	1.3	1.1	.9	.6	.9	.6
40-59.....	9.5	1.8	1.7	1.4	.6	1.6	.9	.9	.7	1.2	.7
60 and over.....	5.8	1.5	1.5	1.4	.6	1.5	1.3	1.6	1.1	1.1	.5
20 and over.....	27.5	.8	1.0	1.0	.3	.8	.7	.7	.5	.6	.3
Females:											
6-11.....	3.2	2.1	2.3	2.1	.3	2.4	2.3	1.1	1.5	1.7	2.0
12-19.....	4.1	2.6	2.1	1.8	.4	2.6	1.2	.8	1.1	1.8	2.0
20-39.....	11.9	1.7	1.3	1.2	.5	1.4	.9	.9	.8	1.0	.7
40-59.....	10.0	1.6	1.4	1.2	.4	1.5	1.0	1.1	.9	1.0	.6
60 and over.....	7.7	1.7	1.6	1.6	.7	1.5	1.6	1.3	1.3	1.3	.8
20 and over.....	29.6	1.1	1.1	1.0	.3	.8	.7	.6	.6	.5	.4
All individuals.....	78.1	.8	.8	.7	.2	.6	.5	.4	.4	.4	.3
Black:											
Males and females:											
1-2.....	0.5	3.0	3.5	3.1	.6	4.0	2.0	2.8	1.3	2.7	4.4
3-5.....	0.8	3.0	3.4	3.0	.8	3.9	2.6	2.3	1.7	2.7	2.6
5 and under ‡ .....	1.5	2.3	2.1	1.9	.5	3.3	1.9	1.7	.9	2.0	3.0
Males:											
6-11.....	0.7	5.9	3.2	2.4	--	4.6	3.7	2.1	3.7	4.5	3.5
12-19.....	0.8	5.8	5.7	5.2	1.9	3.0	2.4	2.1	--	1.9	2.4
20-39.....	1.6	4.4	4.8	5.6	--	3.4	1.0	2.1	1.0	1.6	3.5
40-59.....	1.3	3.8	3.8	3.4	--	3.7	2.7	2.5	2.0	2.2	2.0
60 and over.....	0.7	4.2	2.9	3.0	1.3	4.5	2.3	3.6	2.3	2.2	2.5
20 and over.....	3.6	2.6	2.9	3.3	.2	2.3	1.1	1.6	.9	1.1	1.5
Females:											
6-11.....	0.8	5.4	5.3	4.7	.9	4.1	3.2	1.9	1.4	3.8	3.9
12-19.....	0.9	4.2	3.4	3.2	1.9	3.8	1.2	1.5	1.6	2.5	2.2
20-39.....	2.2	3.1	1.8	2.1	.3	3.4	1.2	1.6	1.5	2.4	1.4
40-59.....	1.3	4.7	3.7	3.6	1.7	4.5	4.0	2.2	3.5	3.5	1.2
60 and over.....	1.0	4.5	5.4	4.2	.9	3.9	2.2	3.1	2.7	2.8	2.1
20 and over.....	4.5	2.6	1.9	1.7	.6	2.1	1.2	1.4	1.4	1.5	1.0
All individuals.....	12.8	1.4	1.4	1.3	.3	1.3	.6	.9	.8	.8	.5

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 49Ase.--Milk and milk products: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
Percent		Grams								
White:										
Males and females:										
1-2.....	2.1	12	12	12	12	9	2	2	2	1
3-5.....	3.4	10	11	11	7	12	8	1	2	1
5 and under ‡ .....	6.2	9	9	7	6	8	5	1	1	1
Males:										
6-11.....	3.4	17	17	17	10	16	8	2	3	1
12-19.....	4.3	22	22	21	11	20	10	1	5	3
20-39.....	12.2	10	9	8	5	8	4	2	3	1
40-59.....	9.5	7	6	6	5	7	5	1	3	1
60 and over.....	5.8	10	9	9	6	4	4	1	3	1
20 and over.....	27.5	6	5	5	4	4	3	1	2	1
Females:										
6-11.....	3.2	18	17	16	8	12	7	1	4	2
12-19.....	4.1	12	11	11	6	12	5	2	4	1
20-39.....	11.9	8	8	6	4	6	4	2	2	1
40-59.....	10.0	8	7	6	3	5	5	2	2	1
60 and over.....	7.7	7	7	7	2	5	5	2	2	1
20 and over.....	29.6	5	5	4	2	4	3	1	1	1
All individuals.....	78.1	4	5	4	3	4	2	1	1	*
Black:										
Males and females:										
1-2.....	0.5	30	29	28	29	9	3	2	5	2
3-5.....	0.8	20	20	19	20	9	5	1	4	1
5 and under ‡ .....	1.5	21	21	21	21	6	3	1	3	1
Males:										
6-11.....	0.7	24	22	22	21	12	10	1	6	1
12-19.....	0.8	33	34	33	33	12	--	--	7	3
20-39.....	1.6	68	44	23	19	14	1	2	23	2
40-59.....	1.3	18	17	18	14	13	4	--	10	1
60 and over.....	0.7	16	18	18	12	12	3	2	4	1
20 and over.....	3.6	29	20	12	10	11	2	1	10	1
Females:										
6-11.....	0.8	31	27	22	23	9	5	2	6	2
12-19.....	0.9	32	29	32	32	4	4	--	7	5
20-39.....	2.2	16	13	13	13	5	3	2	3	5
40-59.....	1.3	16	14	13	8	9	4	3	6	2
60 and over.....	1.0	14	12	10	8	7	4	1	5	1
20 and over.....	4.5	9	8	8	7	4	2	1	3	2
All individuals.....	12.8	11	9	7	7	4	1	1	3	1

‡ Includes infants under 1; excludes breast-fed children.

\* Value less than 0.5 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 49Bse.--Milk and milk products: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese	
			Total	Fluid milk				Yogurt			
				Total	Whole	Low fat	Skim				
<i>Percent ----- Percent -----</i>											
White:											
Males and females:											
1-2.....	2.1	.4	.6	.8	1.8	1.6	.7	1.2	1.5	2.0	
3-5.....	3.4	1.0	1.3	1.6	1.7	2.5	.9	.7	1.7	2.1	
5 and under ‡ .....	6.2	.7	.9	1.3	1.3	1.7	.6	.6	1.3	1.7	
Males:											
6-11.....	3.4	1.4	2.3	2.5	2.4	2.9	1.9	1.1	1.7	2.0	
12-19.....	4.3	1.7	2.4	2.6	1.7	2.8	1.2	.7	1.5	2.2	
20-39.....	12.2	1.4	1.5	1.4	.9	1.6	.9	.5	1.1	1.5	
40-59.....	9.5	1.2	1.4	1.5	1.4	1.4	.9	.7	1.3	1.5	
60 and over.....	5.8	.9	1.2	1.3	1.6	1.3	1.0	.4	1.2	1.3	
20 and over.....	27.5	.8	.8	.9	.9	1.0	.6	.3	.7	1.0	
Females:											
6-11.....	3.2	1.2	2.0	2.4	2.0	2.3	1.5	1.0	2.1	2.6	
12-19.....	4.1	2.1	2.0	2.3	1.6	2.1	1.2	.8	1.8	2.5	
20-39.....	11.9	1.2	1.6	1.6	1.2	1.5	.9	.7	1.1	1.8	
40-59.....	10.0	1.4	1.7	1.8	.9	1.4	1.4	.7	1.3	1.3	
60 and over.....	7.7	1.5	1.5	1.5	1.1	1.4	1.4	.7	1.3	1.4	
20 and over.....	29.6	.9	1.2	1.2	.8	.9	.9	.5	.7	1.0	
All individuals.....	78.1	.6	.8	.8	.7	.9	.6	.3	.5	.8	
Black:											
Males and females:											
1-2.....	0.5	2.1	2.5	2.8	4.1	2.8	1.1	1.1	2.0	3.5	
3-5.....	0.8	1.4	3.1	3.0	4.1	2.9	1.1	.9	2.4	3.1	
5 and under ‡ .....	1.5	1.5	2.1	3.0	3.4	1.9	.7	.7	1.6	2.3	
Males:											
6-11.....	0.7	3.1	4.0	5.5	4.6	4.4	3.7	.8	3.8	2.9	
12-19.....	0.8	6.6	6.3	6.1	6.2	3.3	--	--	3.6	4.8	
20-39.....	1.6	4.9	6.1	6.2	5.3	3.2	.3	.9	4.7	4.6	
40-59.....	1.3	4.7	4.5	4.9	4.2	2.8	1.8	--	3.4	3.0	
60 and over.....	0.7	4.6	4.5	4.8	3.7	3.2	1.6	1.3	2.7	2.7	
20 and over.....	3.6	2.9	2.9	3.2	2.6	2.4	.8	.5	2.0	2.5	
Females:											
6-11.....	0.8	4.1	4.8	4.1	5.8	3.2	2.0	1.1	5.0	2.9	
12-19.....	0.9	3.7	3.1	3.9	4.1	1.9	1.0	--	3.0	5.5	
20-39.....	2.2	3.3	4.5	4.9	5.7	2.2	.9	.9	2.4	5.1	
40-59.....	1.3	3.6	3.5	3.3	2.4	2.0	1.8	1.0	3.4	3.9	
60 and over.....	1.0	5.1	4.3	4.1	3.3	3.2	2.0	.7	3.0	3.0	
20 and over.....	4.5	2.2	2.7	3.0	3.4	1.4	1.0	.5	2.0	2.1	
All individuals.....	12.8	1.4	1.4	1.5	2.0	1.3	.5	.3	1.0	1.4	

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 50Ase.--Meat, poultry, and fish: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	Percent										
White:											
Males and females:											
1-2.....	2.1	4	1	1	*	--	1	1	1	*	3
3-5.....	3.4	4	1	1	*	*	1	1	1	1	4
5 and under ‡ .....	6.2	3	1	1	*	*	1	1	1	*	2
Males:											
6-11.....	3.4	8	3	1	*	*	2	3	3	1	6
12-19.....	4.3	12	3	1	1	--	3	4	2	2	13
20-39.....	12.2	7	3	2	1	*	2	3	2	2	8
40-59.....	9.5	7	2	1	*	*	2	2	2	1	6
60 and over.....	5.8	6	2	1	1	*	2	2	2	1	5
20 and over.....	27.5	5	2	1	*	*	1	1	1	1	4
Females:											
6-11.....	3.2	6	2	1	*	--	1	2	1	1	6
12-19.....	4.1	8	2	1	*	--	1	2	2	1	7
20-39.....	11.9	6	2	1	1	*	1	2	2	1	5
40-59.....	10.0	5	2	1	*	*	1	1	1	1	5
60 and over.....	7.7	4	1	1	*	*	1	1	1	1	4
20 and over.....	29.6	3	1	1	*	*	1	1	1	1	4
All individuals.....	78.1	3	1	*	*	*	1	1	1	*	3
Black:											
Males and females:											
1-2.....	0.5	10	3	1	*	--	4	3	3	3	5
3-5.....	0.8	7	2	1	--	1	3	4	3	1	5
5 and under ‡ .....	1.5	5	1	1	*	1	2	2	2	1	3
Males:											
6-11.....	0.7	13	2	3	*	1	5	6	7	7	10
12-19.....	0.8	26	11	4	--	--	7	10	10	7	20
20-39.....	1.6	38	28	3	4	2	7	17	7	12	22
40-59.....	1.3	26	7	7	*	3	7	9	9	7	22
60 and over.....	0.7	17	9	3	2	2	3	6	5	6	14
20 and over.....	3.6	15	11	3	2	2	4	8	5	5	12
Females:											
6-11.....	0.8	16	5	3	1	1	4	5	5	3	12
12-19.....	0.9	21	5	3	--	*	5	5	4	2	21
20-39.....	2.2	14	4	3	1	1	4	6	6	4	11
40-59.....	1.3	9	4	3	1	1	2	7	7	6	10
60 and over.....	1.0	9	4	2	1	1	3	4	4	3	11
20 and over.....	4.5	7	2	2	*	1	2	4	4	3	7
All individuals.....	12.8	7	4	2	1	1	2	3	2	2	6

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 50Bse.--Meat, poultry, and fish: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent</i> ----- <i>Percent</i> -----											
White:											
Males and females:											
1-2.....	2.1	1.6	1.0	1.2	.4	--	1.7	1.8	1.7	.5	1.7
3-5.....	3.4	1.4	1.5	1.4	.2	.1	1.9	2.0	1.9	.7	2.2
5 and under ‡ .....	6.2	1.1	.9	1.0	.2	*	1.4	1.3	1.3	.5	1.2
Males:											
6-11.....	3.4	1.5	2.4	1.8	.2	.2	2.1	1.8	1.8	1.1	2.1
12-19.....	4.3	1.4	1.7	1.4	.5	--	2.0	1.6	1.4	.8	2.8
20-39.....	12.2	1.0	1.3	1.0	.3	.2	1.2	1.4	1.3	.9	1.5
40-59.....	9.5	1.1	1.4	1.1	.3	.3	1.5	1.4	1.2	.9	1.5
60 and over.....	5.8	.7	1.4	1.4	.4	.3	1.3	1.0	1.0	.7	1.5
20 and over.....	27.5	.5	.8	.7	.3	.1	.8	.8	.7	.6	1.0
Females:											
6-11.....	3.2	1.8	2.2	1.5	.2	--	1.9	1.6	1.5	1.0	2.1
12-19.....	4.1	1.7	2.0	1.7	.1	--	1.8	1.4	1.5	.9	1.9
20-39.....	11.9	1.4	1.2	1.1	.2	.2	1.2	1.3	1.2	.7	1.9
40-59.....	10.0	.9	1.3	1.1	.4	.2	1.4	1.1	.9	.8	1.5
60 and over.....	7.7	.9	1.3	1.2	.4	.3	1.2	1.1	1.1	1.0	1.5
20 and over.....	29.6	.7	.7	.7	.2	.1	.8	.7	.7	.5	1.3
All individuals.....	78.1	.4	.6	.5	.2	.1	.5	.6	.5	.3	.8
Black:											
Males and females:											
1-2.....	0.5	2.6	3.2	2.6	.6	--	3.7	3.7	3.4	2.6	3.8
3-5.....	0.8	1.2	3.0	2.5	--	.6	3.9	3.7	3.6	2.2	4.1
5 and under ‡ .....	1.5	1.9	2.0	1.6	.2	.7	3.2	2.7	2.7	1.3	2.7
Males:											
6-11.....	0.7	3.0	2.7	4.2	.6	.8	4.3	4.7	5.1	3.3	4.5
12-19.....	0.8	4.6	5.9	5.1	--	--	4.4	6.1	6.1	2.8	5.5
20-39.....	1.6	3.5	6.7	4.6	1.6	1.8	4.9	4.7	4.6	5.4	6.0
40-59.....	1.3	2.8	3.7	5.4	.8	1.5	5.7	3.6	3.6	2.9	4.5
60 and over.....	0.7	2.0	5.1	5.9	1.3	1.8	3.3	4.3	4.2	2.5	3.7
20 and over.....	3.6	1.9	2.5	3.0	.9	1.6	2.9	2.9	2.8	2.4	2.6
Females:											
6-11.....	0.8	2.7	4.2	3.5	.7	1.0	4.5	4.6	4.1	2.5	4.0
12-19.....	0.9	2.6	4.7	3.9	--	.6	4.0	4.2	4.4	3.6	4.5
20-39.....	2.2	2.3	2.7	2.7	.4	.7	2.3	3.3	3.5	2.1	2.5
40-59.....	1.3	1.7	3.1	4.5	.6	1.0	3.3	5.2	5.2	1.7	2.8
60 and over.....	1.0	2.8	3.1	3.3	.7	.8	3.4	4.4	4.0	2.1	3.5
20 and over.....	4.5	1.5	1.5	2.5	.3	.5	1.6	2.7	2.9	1.4	1.7
All individuals.....	12.8	1.0	1.3	1.9	.3	.6	1.7	1.8	1.8	.9	1.1

\* Value less than 0.5 but greater than 0.

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 51Ase.—Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>				<i>Grams</i>					
White:										
Males and females:										
1-2.....	2.1	1	3	*	*	*	*	1	*	1
3-5.....	3.4	1	1	1	*	*	*	2	*	1
5 and under ‡ .....	6.2	1	4	*	*	*	*	1	*	1
Males:										
6-11.....	3.4	2	2	1	1	*	1	4	*	2
12-19.....	4.3	2	3	1	1	1	1	4	*	2
20-39.....	12.2	2	4	1	1	*	1	2	*	1
40-59.....	9.5	1	3	*	1	*	1	2	*	1
60 and over.....	5.8	1	4	*	1	*	1	2	*	1
20 and over.....	27.5	1	2	*	1	*	*	1	*	1
Females:										
6-11.....	3.2	1	2	1	1	*	1	4	*	2
12-19.....	4.1	2	4	1	1	*	1	3	*	1
20-39.....	11.9	1	2	1	1	*	1	1	*	1
40-59.....	10.0	1	2	*	1	*	1	1	*	1
60 and over.....	7.7	1	2	*	1	*	1	2	*	*
20 and over.....	29.6	1	1	*	1	*	*	1	*	*
All individuals.....	78.1	*	1	*	1	*	*	1	*	*
Black:										
Males and females:										
1-2.....	0.5	1	5	1	*	*	*	2	*	1
3-5.....	0.8	2	4	1	1	*	*	8	*	2
5 and under ‡ .....	1.5	1	5	1	*	*	*	5	*	1
Males:										
6-11.....	0.7	3	8	2	1	1	1	7	1	2
12-19.....	0.8	8	6	2	2	*	2	6	1	3
20-39.....	1.6	4	7	1	8	5	2	16	*	2
40-59.....	1.3	4	9	1	2	*	2	3	2	3
60 and over.....	0.7	5	25	1	1	*	1	5	1	1
20 and over.....	3.6	3	7	1	3	2	1	6	1	1
Females:										
6-11.....	0.8	3	3	2	2	1	2	5	*	2
12-19.....	0.9	3	7	2	2	*	1	6	1	2
20-39.....	2.2	2	3	1	1	*	1	3	1	1
40-59.....	1.3	2	5	1	2	*	2	3	1	1
60 and over.....	1.0	4	7	1	2	1	2	3	1	*
20 and over.....	4.5	2	3	*	1	*	1	2	1	1
All individuals.....	12.8	2	3	*	1	1	1	2	*	1

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 51Bse.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
<i>Percent ----- Percent -----</i>										
White:										
Males and females:										
1-2.....	2.1	1.7	.9	1.3	1.3	1.5	1.0	1.4	.7	1.5
3-5.....	3.4	1.2	.9	1.4	2.0	1.9	1.2	2.1	1.1	1.6
5 and under ‡ .....	6.2	.9	.9	1.0	1.2	1.2	.8	1.4	.8	1.1
Males:										
6-11.....	3.4	1.5	1.3	1.8	1.8	2.0	2.1	3.0	1.5	2.3
12-19.....	4.3	1.6	1.5	1.1	2.3	2.1	1.5	2.4	1.5	2.1
20-39.....	12.2	1.3	1.0	.9	1.9	1.7	1.5	1.6	1.3	1.0
40-59.....	9.5	1.2	1.1	.8	1.5	1.6	1.3	1.9	1.5	1.3
60 and over.....	5.8	1.1	1.1	.9	1.4	1.7	1.7	1.3	1.5	.9
20 and over.....	27.5	.9	.8	.5	1.2	1.0	1.1	1.1	.9	.7
Females:										
6-11.....	3.2	1.4	1.8	2.2	3.0	2.9	2.3	2.2	1.4	2.3
12-19.....	4.1	1.8	1.3	1.0	2.7	2.4	1.8	2.3	1.3	2.1
20-39.....	11.9	1.0	1.4	1.0	1.8	1.6	1.7	1.5	1.6	1.1
40-59.....	10.0	1.0	1.1	.9	1.3	1.4	1.4	1.4	1.2	1.2
60 and over.....	7.7	1.2	1.1	.7	1.9	1.8	1.3	1.5	1.6	.9
20 and over.....	29.6	.5	.6	.5	.9	.9	.9	1.0	.9	.7
All individuals.....	78.1	.5	.6	.3	.9	.9	.8	.7	.6	.5
Black:										
Males and females:										
1-2.....	0.5	3.4	2.1	2.5	3.6	2.6	2.8	3.1	3.0	2.3
3-5.....	0.8	3.5	2.0	3.2	3.4	3.1	2.8	3.5	2.6	3.4
5 and under ‡ .....	1.5	2.6	1.4	1.9	2.8	2.5	2.0	2.7	2.2	2.3
Males:										
6-11.....	0.7	5.2	2.9	3.8	4.8	3.5	3.5	4.3	3.6	3.4
12-19.....	0.8	5.1	2.6	5.1	8.1	4.6	5.8	4.9	2.9	3.5
20-39.....	1.6	3.4	2.8	1.3	5.7	6.0	4.0	6.1	6.2	2.6
40-59.....	1.3	3.8	3.5	1.6	4.2	3.4	4.0	4.6	4.7	2.8
60 and over.....	0.7	4.8	3.0	2.2	5.1	5.2	3.9	4.6	4.4	2.1
20 and over.....	3.6	2.0	2.3	.8	3.3	3.6	2.5	2.5	3.1	1.9
Females:										
6-11.....	0.8	4.5	2.7	4.7	5.2	5.4	4.2	4.3	3.1	3.4
12-19.....	0.9	4.1	3.6	1.5	5.0	3.1	4.1	5.1	3.3	3.6
20-39.....	2.2	2.9	1.8	.8	3.6	2.5	3.4	2.7	2.7	1.6
40-59.....	1.3	3.3	3.8	1.9	3.4	3.3	4.4	3.8	3.6	1.9
60 and over.....	1.0	3.5	2.5	1.7	3.7	3.3	4.0	3.7	3.9	1.4
20 and over.....	4.5	2.0	1.3	.6	2.2	1.7	2.0	2.1	2.1	1.0
All individuals.....	12.8	1.7	1.0	.6	2.0	2.1	1.3	1.6	1.5	1.1

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 52Ase.—Beverages: Standard errors of mean quantities (in grams) consumed per individual, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Percent			Grams											
White:														
Males and females:														
1-2.....	2.1	10	--	--	--	10	*	3	7	7	3	3	3	1
3-5.....	3.4	14	--	--	--	14	*	5	10	10	2	5	6	3
5 and under ‡ .....	6.2	10	--	--	--	10	*	3	7	7	1	4	4	2
Males:														
6-11.....	3.4	21	*	--	--	21	1	10	12	11	4	16	16	8
12-19.....	4.3	54	19	1	18	45	6	24	21	15	10	38	37	5
20-39.....	12.2	50	34	2	33	38	21	17	8	6	6	24	26	13
40-59.....	9.5	41	25	3	23	40	30	20	8	7	4	20	17	11
60 and over.....	5.8	25	11	3	10	21	16	9	5	4	3	8	5	6
20 and over.....	27.5	33	21	2	21	27	14	13	5	3	3	16	16	6
Females:														
6-11.....	3.2	20	*	--	--	20	1	8	8	8	4	15	15	4
12-19.....	4.1	36	5	1	4	36	6	14	19	17	8	22	26	11
20-39.....	11.9	40	12	2	11	34	19	13	7	7	2	23	20	15
40-59.....	10.0	22	8	3	7	23	15	13	6	4	4	15	9	12
60 and over.....	7.7	21	3	2	2	21	16	12	4	3	2	8	6	5
20 and over.....	29.6	18	5	1	5	19	11	9	3	3	2	13	9	9
All individuals.....	78.1	18	8	1	7	17	7	8	3	2	1	10	9	4
Black:														
Males and females:														
1-2.....	0.5	21	--	--	--	21	--	3	22	20	4	8	7	2
3-5.....	0.8	19	--	--	--	19	--	6	20	20	3	11	11	1
5 and under ‡ .....	1.5	15	--	--	--	15	--	3	15	15	3	7	7	1
Males:														
6-11.....	0.7	27	--	--	--	27	--	13	26	24	6	17	17	--
12-19.....	0.8	90	4	--	4	91	--	93	64	64	10	56	57	5
20-39.....	1.6	69	66	2	64	49	27	58	39	40	8	42	40	8
40-59.....	1.3	42	41	3	34	49	37	26	58	58	7	42	36	22
60 and over.....	0.7	45	10	*	10	42	24	18	23	21	10	21	17	11
20 and over.....	3.6	33	23	1	24	28	18	29	26	27	4	30	26	9
Females:														
6-11.....	0.8	39	--	--	--	39	--	10	24	24	4	41	41	4
12-19.....	0.9	30	2	--	--	30	*	19	30	28	11	30	28	8
20-39.....	2.2	49	17	1	16	45	15	16	18	19	4	36	37	4
40-59.....	1.3	50	18	4	17	44	41	21	30	29	9	32	27	20
60 and over.....	1.0	35	3	2	--	34	17	23	14	12	6	20	18	8
20 and over.....	4.5	28	10	1	10	24	16	12	13	13	3	19	18	6
All individuals.....	12.8	15	7	1	7	14	9	17	9	9	2	14	12	4

— Estimated mean is zero.

\* Value less than 0.5 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 52Bse.--Beverages: Standard errors of percentages of individuals consuming, by race, 1 day, 1994-96

Race sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent ----- Percent -----</i>														
White:														
Males and females:														
1-2.....	2.1	1.8	--	--	--	1.8	.1	.9	1.5	1.5	.6	1.2	1.2	.6
3-5.....	3.4	1.7	--	--	--	1.7	.2	1.2	1.8	1.6	.6	1.2	1.5	.9
5 and under ‡ .....	6.2	1.3	--	--	--	1.3	.1	.8	1.4	1.3	.4	1.0	1.2	.5
Males:														
6-11.....	3.4	2.1	.3	--	--	2.1	.5	1.7	2.4	2.2	1.1	2.4	2.6	1.6
12-19.....	4.3	1.5	.9	.3	.9	1.5	1.3	2.0	2.2	1.7	1.3	2.0	2.4	.8
20-39.....	12.2	.9	1.6	.7	1.4	1.0	1.7	1.6	.8	.8	.5	1.8	1.9	1.0
40-59.....	9.5	.6	1.3	.8	1.0	.7	1.4	1.9	1.1	1.0	.4	1.6	1.7	1.2
60 and over.....	5.8	.7	1.6	.8	1.0	.7	1.1	1.3	.7	.7	.4	1.1	1.0	1.0
20 and over.....	27.5	.4	1.0	.4	.8	.5	1.2	1.4	.6	.6	.3	1.1	1.4	.6
Females:														
6-11.....	3.2	2.5	.3	--	--	2.5	.4	1.4	2.1	2.1	.5	2.2	2.4	1.1
12-19.....	4.1	1.8	.6	.3	.6	1.8	.9	2.4	2.5	2.2	1.2	1.9	2.0	1.8
20-39.....	11.9	.8	1.2	.7	.9	.9	1.7	1.7	.9	1.0	.5	1.7	2.0	1.5
40-59.....	10.0	.6	1.1	.9	.7	.6	1.3	1.7	.8	.8	.4	1.3	1.2	1.1
60 and over.....	7.7	1.1	.9	.8	.3	1.1	1.3	1.8	.9	.9	.4	1.6	1.4	1.0
20 and over.....	29.6	.4	.8	.5	.4	.4	1.1	1.2	.4	.4	.3	1.1	1.1	.9
All individuals.....	78.1	.4	.6	.3	.3	.4	.9	1.1	.4	.4	.2	.7	.9	.6
Black:														
Males and females:														
1-2.....	0.5	3.6	--	--	--	3.6	--	1.8	4.1	4.3	1.1	2.8	2.6	.6
3-5.....	0.8	2.9	--	--	--	2.9	--	1.9	3.8	3.9	.8	3.8	3.8	.5
5 and under ‡ .....	1.5	3.1	--	--	--	3.1	--	1.2	3.2	3.6	.7	2.3	2.2	.5
Males:														
6-11.....	0.7	4.3	--	--	--	4.3	--	2.7	5.0	4.7	2.3	3.8	4.0	--
12-19.....	0.8	2.7	1.0	--	1.0	2.7	--	9.2	5.4	5.4	1.4	3.6	3.6	1.4
20-39.....	1.6	2.7	3.5	.8	3.5	3.4	5.8	10.0	5.1	5.0	1.5	5.1	4.7	1.7
40-59.....	1.3	1.8	2.8	.6	2.3	1.9	4.2	3.0	3.8	3.9	1.2	3.9	3.3	2.4
60 and over.....	0.7	2.7	1.8	.6	1.7	2.7	4.1	4.8	4.3	4.1	1.6	4.2	3.8	1.8
20 and over.....	3.6	1.3	1.5	.5	1.6	1.4	2.6	5.1	2.5	2.5	.8	3.2	2.7	1.4
Females:														
6-11.....	0.8	3.6	--	--	--	3.6	--	3.4	4.5	4.4	1.2	4.8	4.5	1.3
12-19.....	0.9	4.1	1.1	--	--	4.1	.8	4.7	4.0	4.0	1.9	5.7	5.7	1.4
20-39.....	2.2	2.2	1.9	.7	1.1	2.4	2.8	2.4	2.4	2.5	.9	3.6	3.7	.9
40-59.....	1.3	3.0	2.7	.7	2.3	3.3	3.7	4.1	3.2	3.3	.9	5.3	4.8	2.4
60 and over.....	1.0	3.8	.9	.7	--	3.8	4.3	3.8	3.1	2.9	1.2	3.7	3.3	2.4
20 and over.....	4.5	1.4	1.3	.4	.8	1.7	2.1	2.1	1.5	1.5	.6	2.0	1.8	1.0
All individuals.....	12.8	1.1	.7	.2	.5	1.3	1.5	2.8	1.5	1.6	.4	1.4	1.3	.6

-- Estimated percent is zero.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 53Ase.--Grain group: Standard errors of mean numbers of Pyramid servings consumed per day, by race,  
2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 6 and 11 servings of grain products each day,  
depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total grain products	Whole-grain products	Nonwhole-grain products
<i>Percent</i>		<i>Servings ‡</i>		
White:				
Males:				
2-5.....	2.3	.1	*	.1
6-11.....	3.5	.1	.1	.1
12-19.....	4.4	.2	.1	.2
20-39.....	12.5	.1	.1	.1
40-59.....	9.8	.1	*	.1
60 and over.....	6.0	.1	*	.1
20 and over.....	28.2	.1	*	.1
Females:				
2-5.....	2.2	.1	*	.1
6-11.....	3.3	.1	*	.1
12-19.....	4.1	.1	.1	.1
20-39.....	12.2	.1	*	.1
40-59.....	10.3	.1	*	.1
60 and over.....	7.9	.1	*	.1
20 and over.....	30.4	.1	*	*
All individuals 2 and over.....	78.4	*	*	*
Black:				
Males:				
2-5.....	0.6	.2	.1	.2
6-11.....	0.7	.3	.1	.2
12-19.....	0.8	.5	.1	.5
20-39.....	1.7	1.9	.1	1.9
40-59.....	1.3	.4	.1	.4
60 and over.....	0.7	.3	.1	.3
20 and over.....	3.7	.9	.1	.9
Females:				
2-5.....	0.6	.2	.1	.2
6-11.....	0.8	.2	.1	.2
12-19.....	1.1	.2	.1	.2
20-39.....	2.2	.2	.1	.2
40-59.....	1.4	.2	.1	.2
60 and over.....	1.0	.2	.1	.2
20 and over.....	4.6	.1	.1	.1
All individuals 2 and over.....	12.7	.3	*	.3

‡ See "appendix D," for definitions of servings.

\* Value less than 0.05 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 53Bse.--Grain group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (6 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	*	2	2
6-11.....	3.5	*	2	2
12-19.....	4.4	--	2	2
20-39.....	12.5	*	2	1
40-59.....	9.8	*	1	2
60 and over.....	6.0	*	2	2
20 and over.....	28.2	*	1	1
Females:				
2-5.....	2.2	*	2	2
6-11.....	3.3	*	3	3
12-19.....	4.1	*	3	3
20-39.....	12.2	*	2	2
40-59.....	10.3	*	2	2
60 and over.....	7.9	*	2	2
20 and over.....	30.4	*	1	1
All individuals 2 and over.....	78.4	*	1	1
Black:				
Males:				
2-5.....	0.6	--	5	5
6-11.....	0.7	*	6	6
12-19.....	0.8	1	7	6
20-39.....	1.7	1	6	9
40-59.....	1.3	1	6	5
60 and over.....	0.7	1	4	3
20 and over.....	3.7	1	4	5
Females:				
2-5.....	0.6	--	5	4
6-11.....	0.8	--	4	5
12-19.....	1.1	1	4	4
20-39.....	2.2	1	2	3
40-59.....	1.4	1	4	3
60 and over.....	1.0	1	3	3
20 and over.....	4.6	1	1	1
All individuals 2 and over.....	12.7	*	2	2

‡ See "Table notes."

\* Value less than 0.5 but greater than 0.

-- Estimated percent is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 54Ase.--Vegetable group: Standard errors of mean numbers of Pyramid servings consumed per day, by race, 2-day average, 1994-96

USDA's Food Guide Pyramid recommends eating between 3 and 5 servings of vegetables each day, depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total vegetables	Dark green leafy vegetables	Deep yellow vegetables	Cooked dry beans and peas	Starchy vegetables		Tomatoes	Other vegetables
						White potatoes	Other starchy		
	Percent					Servings ‡			
White:									
Males:									
2-5.....	2.3	.1	*	*	*	.1	*	*	*
6-11.....	3.5	.1	*	*	*	.1	*	*	*
12-19.....	4.4	.1	*	*	*	.1	*	*	*
20-39.....	12.5	.1	*	*	*	.1	*	*	*
40-59.....	9.8	.1	*	*	*	*	*	*	*
60 and over.....	6.0	.1	*	*	*	*	*	*	*
20 and over.....	28.2	.1	*	*	*	*	*	*	*
Females:									
2-5.....	2.2	.1	*	*	*	.1	*	*	*
6-11.....	3.3	.1	*	*	*	.1	*	*	*
12-19.....	4.1	.1	*	*	*	.1	*	*	*
20-39.....	12.2	.1	*	*	*	*	*	*	*
40-59.....	10.3	.1	*	*	*	*	*	*	*
60 and over.....	7.9	.1	*	*	*	*	*	*	*
20 and over.....	30.4	*	*	*	*	*	*	*	*
All individuals 2 and over.....	78.4	*	*	*	*	*	*	*	*
Black:									
Males:									
2-5.....	0.6	.1	*	*	*	.1	*	*	*
6-11.....	0.7	.2	*	*	*	.1	*	*	.1
12-19.....	0.8	.3	.1	*	.1	.3	.1	.1	.1
20-39.....	1.7	.3	.1	*	*	.3	.1	*	.1
40-59.....	1.3	.2	.1	*	*	.2	.1	.1	.1
60 and over.....	0.7	.2	.1	*	.1	.1	*	*	.1
20 and over.....	3.7	.2	.1	*	*	.2	*	*	.1
Females:									
2-5.....	0.6	.2	*	*	*	.1	*	*	.1
6-11.....	0.8	.2	*	*	*	.1	*	*	.1
12-19.....	1.1	.2	*	*	*	.2	*	.1	.1
20-39.....	2.2	.1	*	*	*	.1	*	*	*
40-59.....	1.4	.2	*	*	*	.1	*	*	.1
60 and over.....	1.0	.1	.1	*	*	*	*	*	.1
20 and over.....	4.6	.1	*	*	*	.1	*	*	*
All individuals 2 and over.....	12.7	.1	*	*	*	.1	*	*	*

‡ See "appendix D." for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 54Bse.--Vegetable group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (3 a day)	Consuming number of servings recommended based on caloric intake ‡
	Percent		Percent	
White:				
Males:				
2-5.....	2.3	2	2	2
6-11.....	3.5	3	2	2
12-19.....	4.4	1	2	2
20-39.....	12.5	1	1	1
40-59.....	9.8	1	2	1
60 and over.....	6.0	1	2	2
20 and over.....	28.2	*	1	1
Females:				
2-5.....	2.2	2	2	2
6-11.....	3.3	2	2	2
12-19.....	4.1	2	4	3
20-39.....	12.2	1	1	2
40-59.....	10.3	1	2	2
60 and over.....	7.9	1	2	2
20 and over.....	30.4	*	1	1
All individuals 2 and over.....	78.4	*	1	1
Black:				
Males:				
2-5.....	0.6	3	4	4
6-11.....	0.7	5	7	6
12-19.....	0.8	4	5	4
20-39.....	1.7	3	6	5
40-59.....	1.3	4	4	4
60 and over.....	0.7	4	5	6
20 and over.....	3.7	3	3	3
Females:				
2-5.....	0.6	3	6	6
6-11.....	0.8	4	5	5
12-19.....	1.1	3	4	5
20-39.....	2.2	4	3	4
40-59.....	1.4	3	3	4
60 and over.....	1.0	3	4	4
20 and over.....	4.6	2	2	2
All individuals 2 and over.....	12.7	1	1	2

‡ See "Table notes."

\* Value less than 0.5 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 55Ase.--Fruit group: Standard errors of mean numbers of Pyramid servings consumed per day,  
by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 4 servings of fruits each day,  
depending on calorie needs

Race, sex, and age (years)	Percentage of population	Total fruits	Citrus fruits, melons, berries	Other fruits
	<i>Percent</i>	<i>Servings ‡</i>		
White:				
Males:				
2-5.....	2.3	.1	*	.1
6-11.....	3.5	.1	*	.1
12-19.....	4.4	.1	.1	*
20-39.....	12.5	.1	*	*
40-59.....	9.8	.1	*	*
60 and over.....	6.0	.1	*	*
20 and over.....	28.2	*	*	*
Females:				
2-5.....	2.2	.1	*	.1
6-11.....	3.3	.1	*	*
12-19.....	4.1	.1	.1	.1
20-39.....	12.2	.1	*	*
40-59.....	10.3	.1	*	*
60 and over.....	7.9	.1	*	*
20 and over.....	30.4	*	*	*
All individuals 2 and over.....	78.4	*	*	*
Black:				
Males:				
2-5.....	0.6	.2	.1	.1
6-11.....	0.7	.1	.1	.1
12-19.....	0.8	.2	.1	.1
20-39.....	1.7	.1	.1	.1
40-59.....	1.3	.3	.2	.1
60 and over.....	0.7	.2	.2	.1
20 and over.....	3.7	.1	.1	.1
Females:				
2-5.....	0.6	.2	.1	.2
6-11.....	0.8	.1	.1	.1
12-19.....	1.1	.1	.1	.1
20-39.....	2.2	.1	.1	.1
40-59.....	1.4	.1	.1	.1
60 and over.....	1.0	.1	.1	.1
20 and over.....	4.6	.1	.1	.1
All individuals 2 and over.....	12.7	.1	*	*

‡ See "appendix D." for definitions of servings.

\* Value less than 0.05 but greater than 0.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 55Bse.—Fruit group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least minimum number of servings recommended (2 a day)	Consuming number of servings recommended based on caloric intake ‡
	<i>Percent</i>	<i>Percent</i>		
White:				
Males:				
2-5.....	2.3	2	3	3
6-11.....	3.5	2	3	2
12-19.....	4.4	3	2	2
20-39.....	12.5	1	1	1
40-59.....	9.8	2	1	1
60 and over.....	6.0	2	2	1
20 and over.....	28.2	1	1	1
Females:				
2-5.....	2.2	2	2	2
6-11.....	3.3	3	2	2
12-19.....	4.1	3	3	3
20-39.....	12.2	2	2	2
40-59.....	10.3	2	1	1
60 and over.....	7.9	2	1	1
20 and over.....	30.4	1	1	1
All individuals 2 and over.....	78.4	1	1	1
Black:				
Males:				
2-5.....	0.6	4	5	5
6-11.....	0.7	5	4	5
12-19.....	0.8	6	5	4
20-39.....	1.7	7	4	2
40-59.....	1.3	5	6	6
60 and over.....	0.7	4	5	4
20 and over.....	3.7	4	2	2
Females:				
2-5.....	0.6	4	4	4
6-11.....	0.8	5	5	4
12-19.....	1.1	4	4	3
20-39.....	2.2	4	4	3
40-59.....	1.4	5	3	3
60 and over.....	1.0	5	4	4
20 and over.....	4.6	3	3	2
All individuals 2 and over.....	12.7	2	2	1

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



**Table 56Ase.--Dairy group: Standard errors of mean numbers of Pyramid servings consumed per day, by race,  
2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 2 and 3 servings of dairy products each day,  
depending on age and physiological status

Race, sex, and age (years)	Percentage of population	Total dairy	Milk	Cheese	Yogurt
<hr/>					
	<i>Percent</i>	<i>Servings ‡</i>			
<hr/>					
White:					
Males:					
2-5.....	2.3	*	*	*	*
6-11.....	3.5	.1	.1	*	*
12-19.....	4.4	.1	.1	*	*
20-39.....	12.5	*	*	*	*
40-59.....	9.8	*	*	*	*
60 and over.....	6.0	*	*	*	*
11-24.....	7.7	.1	.1	*	*
20 and over.....	28.2	*	*	*	*
Females:					
2-5.....	2.2	.1	*	*	*
6-11.....	3.3	.1	.1	*	*
12-19.....	4.1	*	*	*	*
20-39.....	12.2	*	*	*	*
40-59.....	10.3	*	*	*	*
60 and over.....	7.9	*	*	*	*
11-24.....	7.4	*	*	*	*
20 and over.....	30.4	*	*	*	*
All individuals 2 and over.....	78.4	*	*	*	*
Black:					
Males:					
2-5.....	0.6	.1	.1	*	*
6-11.....	0.7	.1	.1	.1	--
12-19.....	0.8	.2	.2	.1	--
20-39.....	1.7	.5	.3	.2	*
40-59.....	1.3	.1	.1	*	--
60 and over.....	0.7	.1	.1	*	*
11-24.....	1.4	.1	.1	.1	*
20 and over.....	3.7	.2	.1	.1	*
Females:					
2-5.....	0.6	.1	.1	*	*
6-11.....	0.8	.1	.1	*	*
12-19.....	1.1	.1	.1	.1	*
20-39.....	2.2	.1	*	.1	*
40-59.....	1.4	.1	*	*	*
60 and over.....	1.0	.1	.1	*	*
11-24.....	1.8	.1	.1	.1	*
20 and over.....	4.6	*	*	*	*
All individuals 2 and over.....	12.7	.1	*	*	*

‡ See "appendix D." for definitions of servings.

\* Value less than 0.05 but greater than 0.

-- Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 56Bse.--Dairy group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings per day, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 serving a day	Consuming at least 2 servings a day	Consuming number of servings recommended based on age and physiological status ‡
	Percent		Percent	
White:				
Males:				
2-5.....	2.3	1	2	2
6-11.....	3.5	2	3	3
12-19.....	4.4	2	3	2
20-39.....	12.5	2	2	1
40-59.....	9.8	2	1	1
60 and over.....	6.0	2	1	1
11-24.....	7.7	2	2	2
20 and over.....	28.2	1	1	1
Females:				
2-5.....	2.2	2	3	3
6-11.....	3.3	2	3	3
12-19.....	4.1	3	2	1
20-39.....	12.2	2	1	1
40-59.....	10.3	2	1	1
60 and over.....	7.9	1	1	1
11-24.....	7.4	2	2	1
20 and over.....	30.4	1	1	1
All individuals 2 and over.....	78.4	1	1	1
Black:				
Males:				
2-5.....	0.6	3	5	5
6-11.....	0.7	4	6	5
12-19.....	0.8	5	6	4
20-39.....	1.7	9	10	9
40-59.....	1.3	4	3	3
60 and over.....	0.7	4	3	3
11-24.....	1.4	5	4	3
20 and over.....	3.7	4	4	4
Females:				
2-5.....	0.6	4	4	4
6-11.....	0.8	6	5	6
12-19.....	1.1	5	4	2
20-39.....	2.2	3	2	2
40-59.....	1.4	3	2	2
60 and over.....	1.0	4	2	2
11-24.....	1.8	4	3	2
20 and over.....	4.6	2	1	1
All individuals 2 and over.....	12.7	2	2	2

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 57Ase.—Meat group: Standard errors of mean numbers of Pyramid servings (ounce equivalents) consumed per day, by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends eating between 5 and 7 ounces of cooked lean meat or the equivalent in meat alternates each day, depending on calorie needs, to provide a total of 2-3 servings

Race, sex, and age (years)	Percentage of population	Total meat and alternates	Meat	Poultry	Fish	Organ meat	Frankfurter and lunch meat	Eggs	Soybean products	Nuts and seeds
Percent		Ounces cooked lean meat equivalents ‡								
White:										
Males:										
2-5.....	2.3	.1	*	*	*	*	*	*	*	*
6-11.....	3.5	.1	.1	.1	*	*	*	*	*	*
12-19.....	4.4	.2	.2	.1	.1	*	.1	*	*	*
20-39.....	12.5	.1	.1	.1	*	*	*	*	*	*
40-59.....	9.8	.1	.1	.1	*	*	*	*	*	*
60 and over.....	6.0	.1	.1	.1	*	*	*	*	*	*
20 and over.....	28.2	.1	.1	.1	*	*	*	*	*	*
Females:										
2-5.....	2.2	.1	*	*	*	*	*	*	*	*
6-11.....	3.3	.1	.1	*	*	*	*	*	*	*
12-19.....	4.1	.1	.1	*	*	*	*	*	*	*
20-39.....	12.2	.1	.1	.1	*	*	*	*	*	*
40-59.....	10.3	.1	*	*	*	*	*	*	*	*
60 and over.....	7.9	.1	*	*	*	*	*	*	*	*
20 and over.....	30.4	*	*	*	*	*	*	*	*	*
All individuals 2 and over.....	78.4	*	*	*	*	*	*	*	*	*
Black:										
Males:										
2-5.....	0.6	.1	.1	.1	*	*	.1	*	*	*
6-11.....	0.7	.2	.2	.1	.1	*	.1	.1	*	*
12-19.....	0.8	.5	.3	.3	.2	--	.2	.1	*	*
20-39.....	1.7	1.6	1.1	.6	.2	*	.9	.1	*	*
40-59.....	1.3	.3	.3	.2	.1	*	.1	.1	*	*
60 and over.....	0.7	.3	.2	.2	.1	*	.1	.1	*	*
20 and over.....	3.7	.8	.5	.3	.1	*	.4	*	*	*
Females:										
2-5.....	0.6	.2	.1	.1	.1	*	.1	*	*	*
6-11.....	0.8	.2	.2	.1	.1	*	.1	*	*	*
12-19.....	1.1	.3	.2	.1	.1	*	.1	.1	*	*
20-39.....	2.2	.2	.1	.1	.1	*	.1	*	*	*
40-59.....	1.4	.2	.2	.1	.1	*	*	*	*	*
60 and over.....	1.0	.2	.1	.1	.1	*	.1	.1	*	*
20 and over.....	4.6	.2	.1	.1	.1	*	*	*	*	*
All individuals 2 and over.....	12.7	.3	.2	.1	.1	*	.1	*	*	*

‡ See "appendix D." for definitions of servings.

\* Value less than 0.05 but greater than 0.

— Estimated mean is zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 57Bse.--Meat group: Standard errors of percentages of individuals consuming specified numbers of Pyramid servings (ounce equivalents) per day, by race, 2-day average, 1994-96

Race, sex, and age (years)	Percentage of population	Percentage of individuals.....		
		Consuming less than 1 ounce equivalent a day	Consuming at least 5 ounce equivalents a day	Consuming number of ounce equivalents recommended based on caloric intake ‡
	<i>Percent</i>		<i>Percent</i>	
White:				
Males:				
2-5.....	2.3	2	1	1
6-11.....	3.5	1	2	2
12-19.....	4.4	1	3	2
20-39.....	12.5	1	2	2
40-59.....	9.8	*	2	2
60 and over.....	6.0	*	2	2
20 and over.....	28.2	*	1	1
Females:				
2-5.....	2.2	1	1	1
6-11.....	3.3	1	1	1
12-19.....	4.1	1	2	2
20-39.....	12.2	1	1	1
40-59.....	10.3	1	1	1
60 and over.....	7.9	1	1	1
20 and over.....	30.4	*	1	1
All individuals 2 and over.....	78.4	*	1	1
Black:				
Males:				
2-5.....	0.6	2	4	5
6-11.....	0.7	3	6	6
12-19.....	0.8	1	5	5
20-39.....	1.7	*	5	5
40-59.....	1.3	1	4	4
60 and over.....	0.7	1	6	6
20 and over.....	3.7	1	2	2
Females:				
2-5.....	0.6	1	3	4
6-11.....	0.8	2	3	3
12-19.....	1.1	2	6	6
20-39.....	2.2	2	4	4
40-59.....	1.4	1	4	4
60 and over.....	1.0	3	4	4
20 and over.....	4.6	1	3	3
All individuals 2 and over.....	12.7	1	2	2

‡ See "Table notes."

\* Value less than 0.5 but greater than zero.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

**Table 58se.—Pyramid tip: Standard errors of mean daily intakes of discretionary fat and added sugars per day, by race, 2-day average, 1994-96**

USDA's Food Guide Pyramid recommends that fats and sugars be used sparingly; they provide energy and little else of nutritional value

Race, sex, and age (years)	Percentage of population	Total intake		Intake from the Pyramid tip			
		Food energy	Total fat	Discretionary fat ‡	Added sugars ‡	Discretionary fat	Added sugars
		<i>Percent</i>	<i>Kilocalories</i>	<i>Percent of kilocalories</i>		<i>Grams</i>	<i>Teaspoons ‡</i>
White:							
Males:							
2-5.....	2.3	21.9	.2	.2	.4	.8	.5
6-11.....	3.5	30.2	.3	.3	.4	1.1	.7
12-19.....	4.4	61.6	.3	.3	.4	2.1	1.1
20-39.....	12.5	41.2	.3	.2	.3	1.4	.7
40-59.....	9.8	28.9	.2	.2	.3	1.2	.6
60 and over.....	6.0	23.6	.2	.2	.3	.9	.4
20 and over.....	28.2	25.9	.2	.2	.2	.9	.5
Females:							
2-5.....	2.2	24.2	.3	.3	.4	.9	.4
6-11.....	3.3	28.8	.2	.2	.4	1.0	.6
12-19.....	4.1	39.1	.4	.4	.6	1.2	1.0
20-39.....	12.2	23.0	.3	.3	.5	.9	.7
40-59.....	10.3	17.3	.2	.2	.2	.8	.3
60 and over.....	7.9	16.3	.3	.3	.3	.8	.3
20 and over.....	30.4	14.3	.2	.2	.3	.6	.3
All individuals 2 and over.....	78.4	16.3	.1	.1	.2	.6	.3
Black:							
Males:							
2-5.....	0.6	37.8	.6	.6	.6	1.5	.6
6-11.....	0.7	54.4	.7	.7	1.1	2.3	1.0
12-19.....	0.8	128.7	.7	.6	1.1	4.6	2.2
20-39.....	1.7	561.8	.8	.8	1.1	20.9	7.9
40-59.....	1.3	78.0	.8	.8	.8	4.1	1.0
60 and over.....	0.7	60.3	.6	.5	.6	1.7	1.1
20 and over.....	3.7	269.0	.5	.4	.5	9.7	3.7
Females:							
2-5.....	0.6	44.8	.6	.5	.8	1.7	.9
6-11.....	0.8	47.8	.7	.5	.9	2.0	.9
12-19.....	1.1	61.9	.7	.5	.9	2.3	1.2
20-39.....	2.2	39.3	.6	.5	1.0	1.9	.9
40-59.....	1.4	43.1	.6	.5	.7	1.5	.9
60 and over.....	1.0	41.5	.6	.6	.7	1.5	.6
20 and over.....	4.6	27.9	.4	.3	.6	1.2	.5
All individuals 2 and over.....	12.7	94.9	.3	.3	.4	3.4	1.2

‡ See "Table notes."

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.



Table 59.1se.--Saturated fatty acids: Standard errors of mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	4:0	6:0	8:0	10:0	12:0	14:0	16:0	18:0	Total saturated fatty acids
White:	Percent	----- Grams -----								
Males and females:										
1-2.....	2.1	*	*	*	*	*	.1	.2	.1	.4
3-5.....	3.4	*	*	*	*	*	.1	.3	.1	.5
5 and under ‡ .....	6.2	*	*	*	*	*	*	.2	.1	.4
Males:										
6-11.....	3.4	*	*	*	*	*	.1	.3	.2	.6
12-19.....	4.3	*	*	*	*	*	.1	.5	.3	1.0
20-39.....	12.2	*	*	*	*	*	.1	.4	.2	.7
40-59.....	9.5	*	*	*	*	*	.1	.4	.2	.8
60 and over.....	5.8	*	*	*	*	*	.1	.2	.1	.5
20 and over.....	27.5	*	*	*	*	*	.1	.3	.1	.5
Females:										
6-11.....	3.2	*	*	*	*	.1	.1	.3	.2	.7
12-19.....	4.1	*	*	*	*	.1	.1	.3	.1	.5
20-39.....	11.9	*	*	*	*	*	*	.2	.1	.4
40-59.....	10.0	*	*	*	*	*	*	.2	.1	.4
60 and over.....	7.7	*	*	*	*	*	*	.2	.1	.4
20 and over.....	29.6	*	*	*	*	*	*	.1	.1	.2
All individuals.....	78.1	*	*	*	*	*	*	.2	.1	.3
Black:										
Males and females:										
1-2.....	0.5	*	*	*	*	.1	.1	.6	.3	1.0
3-5.....	0.8	*	*	*	*	*	.1	.4	.1	.6
5 and under ‡ .....	1.5	*	*	*	*	.1	.1	.3	.2	.6
Males:										
6-11.....	0.7	*	*	*	*	.1	.1	.7	.3	1.1
12-19.....	0.8	.1	*	*	*	.1	.2	1.2	.5	2.0
20-39.....	1.6	.3	.2	.1	.2	.3	.9	3.3	1.5	6.8
40-59.....	1.3	*	*	*	*	.1	.1	.9	.5	1.6
60 and over.....	0.7	*	*	.1	*	*	.1	.6	.3	1.1
20 and over.....	3.6	.1	.1	*	.1	.1	.4	1.3	.6	2.8
Females:										
6-11.....	0.8	*	*	*	*	.1	.2	.7	.3	1.3
12-19.....	0.9	.1	*	*	*	.1	.2	.7	.3	1.3
20-39.....	2.2	.1	*	*	*	.1	.2	.5	.2	1.0
40-59.....	1.3	*	*	*	*	.1	.1	.4	.2	.8
60 and over.....	1.0	*	*	*	*	*	.1	.3	.1	.5
20 and over.....	4.5	*	*	*	*	*	.1	.3	.1	.5
All individuals.....	12.8	*	*	*	*	*	.1	.5	.2	1.0

\* Value less than 0.05 but less than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 59.2se.--Monounsaturated fatty acids: Standard errors of mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	16:1	18:1	20:1	22:1	Total monounsaturated fatty acids
White:	Percent	----- Grams -----				
Males and females:						
1-2.....	2.1	*	.3	*	*	.4
3-5.....	3.4	*	.4	*	*	.5
5 and under ‡ .....	6.2	*	.3	*	*	.3
Males:						
6-11.....	3.4	*	.5	*	*	.6
12-19.....	4.3	.1	.9	*	*	1.0
20-39.....	12.2	*	.6	*	*	.7
40-59.....	9.5	*	.8	*	*	.8
60 and over.....	5.8	*	.4	*	*	.5
20 and over.....	27.5	*	.5	*	*	.5
Females:						
6-11.....	3.2	*	.6	*	*	.6
12-19.....	4.1	*	.6	*	*	.6
20-39.....	11.9	*	.4	*	*	.4
40-59.....	10.0	*	.4	*	*	.4
60 and over.....	7.7	*	.3	*	*	.4
20 and over.....	29.6	*	.2	*	*	.3
All individuals.....	78.1	*	.3	*	*	.3
Black:						
Males and females:						
1-2.....	0.5	.1	.9	*	*	1.0
3-5.....	0.8	*	.6	*	*	.7
5 and under ‡ .....	1.5	*	.5	*	*	.6
Males:						
6-11.....	0.7	.1	1.2	*	*	1.3
12-19.....	0.8	.2	2.0	*	*	2.2
20-39.....	1.6	.3	4.7	*	*	5.0
40-59.....	1.3	.1	1.9	*	*	2.0
60 and over.....	0.7	.1	1.4	*	*	1.5
20 and over.....	3.6	.1	1.9	*	*	2.0
Females:						
6-11.....	0.8	.1	1.4	*	*	1.5
12-19.....	0.9	.1	1.3	*	*	1.4
20-39.....	2.2	.1	.9	*	*	.9
40-59.....	1.3	*	.9	*	*	.9
60 and over.....	1.0	*	.5	*	*	.6
20 and over.....	4.5	*	.6	*	*	.6
All individuals.....	12.8	*	.8	*	*	.9

\* Value less than 0.05 but less than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 59.3se.--Polyunsaturated fatty acids: Standard errors of mean intakes per individual, by race, 1 day, 1994-96

Race, sex, and age (years)	Percentage of population	18:2	18:3	18:4	20:4	20:5	22:5	22:6	Total polyunsaturated fatty acids
White:	Percent	----- Grams -----							
Males and females:									
1-2.....	2.1	.2	*	*	*	*	*	*	.2
3-5.....	3.4	.2	*	*	*	*	*	*	.2
5 and under ‡ ....	6.2	.1	*	*	*	*	*	*	.1
Males:									
6-11.....	3.4	.3	*	*	*	*	*	*	.3
12-19.....	4.3	.5	*	*	*	*	*	*	.6
20-39.....	12.2	.4	*	*	*	*	*	*	.5
40-59.....	9.5	.4	*	*	*	*	*	*	.4
60 and over.....	5.8	.2	*	*	*	*	*	*	.2
20 and over.....	27.5	.2	*	*	*	*	*	*	.3
Females:									
6-11.....	3.2	.3	*	*	*	*	*	*	.3
12-19.....	4.1	.4	*	*	*	*	*	*	.4
20-39.....	11.9	.3	*	*	*	*	*	*	.3
40-59.....	10.0	.2	*	*	*	*	*	*	.3
60 and over.....	7.7	.2	*	*	*	*	*	*	.2
20 and over.....	29.6	.2	*	*	*	*	*	*	.2
All individuals.....	78.1	.2	*	*	*	*	*	*	.2
Black:									
Males and females:									
1-2.....	0.5	.3	*	*	*	*	*	*	.4
3-5.....	0.8	.5	*	*	*	*	*	*	.5
5 and under ‡ ....	1.5	.3	*	*	*	*	*	*	.3
Males:									
6-11.....	0.7	.6	*	*	*	*	*	*	.6
12-19.....	0.8	1.2	.1	*	*	*	*	*	1.4
20-39.....	1.6	2.3	.4	*	*	*	*	*	2.7
40-59.....	1.3	.8	.1	*	*	*	*	*	1.0
60 and over.....	0.7	.6	.1	*	*	*	*	*	.6
20 and over.....	3.6	.9	.2	*	*	*	*	*	1.0
Females:									
6-11.....	0.8	.6	.1	*	*	*	*	*	.7
12-19.....	0.9	.8	.1	*	*	*	*	*	.9
20-39.....	2.2	.5	.1	*	*	*	*	*	.6
40-59.....	1.3	1.0	.1	*	*	*	*	*	1.2
60 and over.....	1.0	.6	*	*	*	*	*	*	.6
20 and over.....	4.5	.4	*	*	*	*	*	*	.5
All individuals.....	12.8	.4	.1	*	*	*	*	*	.4

\* Value less than 0.05 but greater than 0.

‡ Includes infants under 1; excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.

Table 60se.--Weight status: Standard errors of mean Body Mass Index (BMI) and percentages of individuals age 20 years and older at selected levels of BMI, by race, 1994-96

Race, sex and age (years)	Percentage of population	Mean BMI	Overweight		Obese
			BMI = 27.8 or more for men, 27.3 or more for women	BMI = 25.0 or more	BMI = 30.0 or more
	<i>Percent</i>		<i>Percent</i>		
White:					
Males:					
20-39.....	12.2	.2	1.8	1.9	1.5
40-59.....	9.5	.1	1.3	1.1	1.0
60 and over.....	5.8	.1	1.5	1.6	1.2
20 and over.....	27.5	.1	1.0	1.0	.8
Females:					
20-39.....	11.9	.2	1.6	1.6	1.2
40-59.....	10.0	.2	1.4	1.4	1.4
60 and over.....	7.7	.2	1.5	1.6	1.1
20 and over.....	29.6	.1	1.0	1.0	.7
All individuals 20 and over.....	57.1	.1	.8	.8	.6
Black:					
Males:					
20-39.....	1.6	.4	4.8	5.0	3.7
40-59.....	1.3	.4	4.6	3.5	3.9
60 and over.....	0.7	.4	3.8	4.0	4.4
20 and over.....	3.6	.3	2.3	2.5	2.7
Females:					
20-39.....	2.2	.5	4.7	3.5	4.7
40-59.....	1.3	.6	4.6	5.0	4.2
60 and over.....	1.0	.4	3.3	3.0	3.5
20 and over.....	4.5	.3	2.2	1.7	2.1
All individuals 20 and over.....	8.1	.2	1.8	1.6	1.6

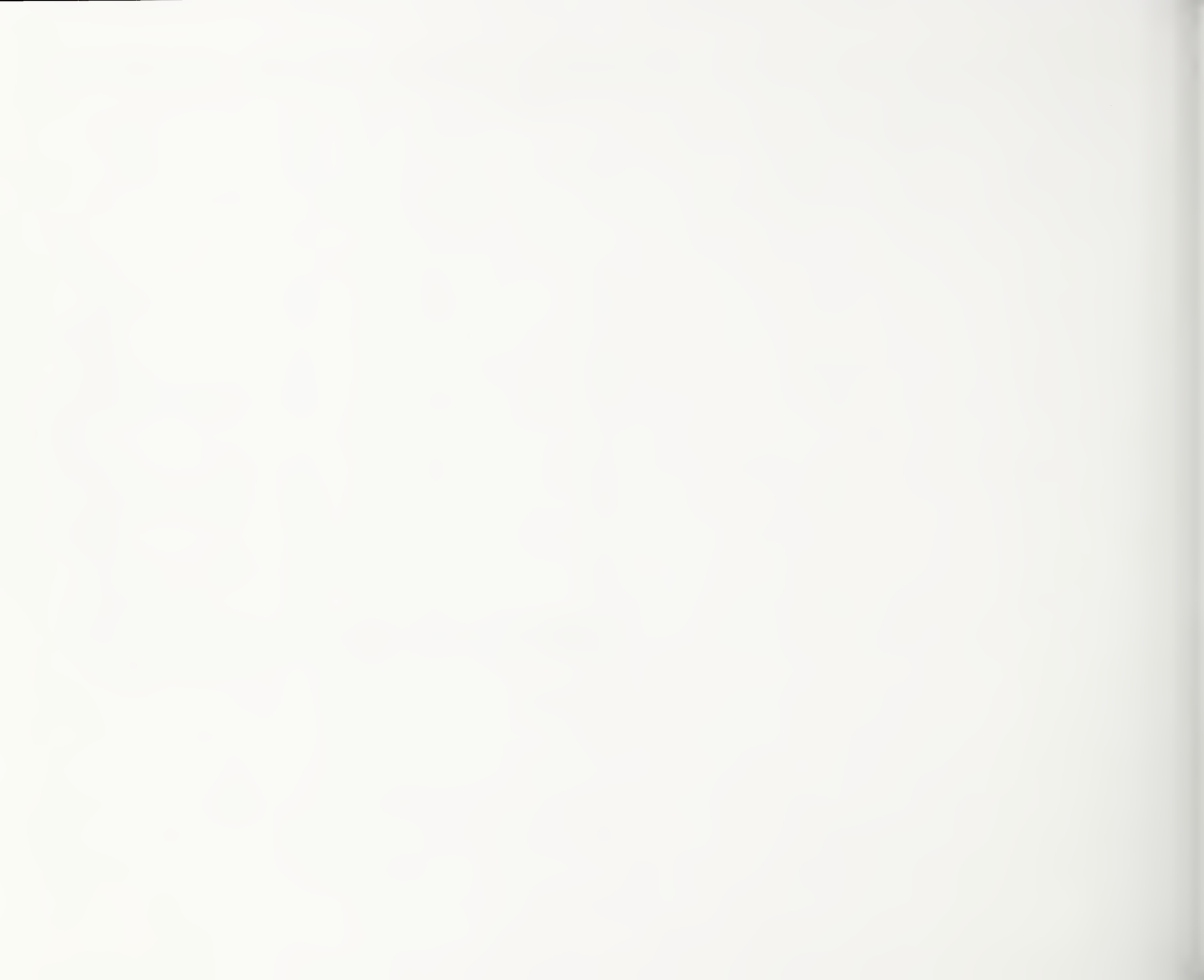
Notes: Based on self-reported height and weight; excludes individuals not reporting height or weight.

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1994-96.







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